

Chronic Kidney Disease(C.K.D.) and Mixopathy - Part One.

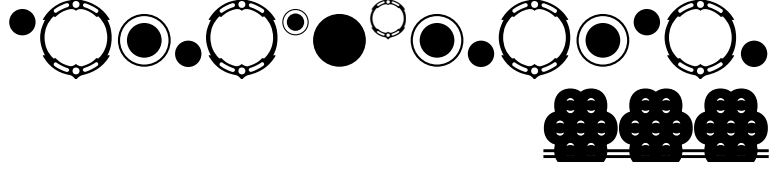
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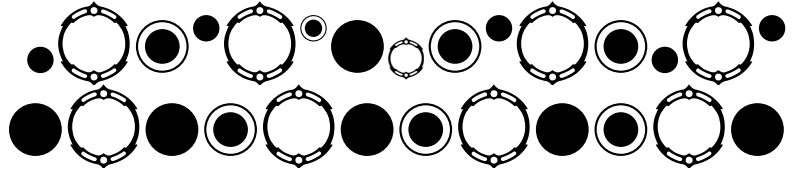
... Ignorance is not Bliss....[౨౦౨౧-2021-.By-khatija.!!!]



End Stage Kidney Disease +

C.K.D. and Mixopathy-Part One.

Forthcoming Part Two will explain
Mixopathy with Homeo and Herbal
Unany Remedies.



మూత్రపిండ రోగం-క్రానిక్ కిడ్నీ డిసీజ్-ఎండ్ స్టేజ్

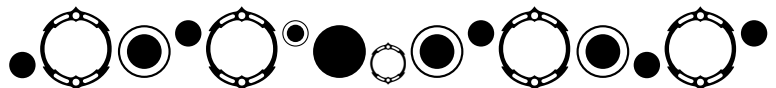
కిడ్నీ-మొదటి భాగం-

రెండో భాగంలో మరిన్ని "మిక్స్ పథీ" వివరాలూ-"హోమియో"- "

యూనానీ హెర్బల్"మందులూ-వుంటాయి!

మూత్రపిండ జబ్బు-క్రానిక్ కిడ్నీ డిసీజ్-రోగానికి చికిత్స---

మొదటి భాగం-



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... Ignorance is not Bliss....[2020-2021-.By-khatija.!!!]



Note:-Error is Human...please bear with us...

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జబ్బుకు చికిత్స-

Treatment for C.K.D.

అన్ని చింతలూ దూరంచేసే ఆ దేవునిపైనే

భారంవేయాలే!-

Repose Faith In God -the ultimate Curer of all
maladies!

నిరాశకు తావులేదు!!

కుడియెడమైతే పొటబాటు లేదోయ్-ఓడిపోలేనోయ్!!

Be optimistic !! No place for Regrets!!!

Never Ever Lose Hope !!!!



Command of Allaahuﷻ

An-Nisaa (4:26)

**{{{ Allah doth wish to make clear to you and
to show you the ordinances of those before you;
and (He wishes to) shower mercy on you (:
And Allah is All-knowing, All-wise.}}}**



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Disclaimer ::

ఇందులోని విషయాలన్నీ ఓ పాతకిడ్నీరోగి

అనుభవాల వర్ణన మాత్రమే నని

తెలియజేస్తున్నాం!

ఈ డాక్యుమెంటు కిడ్నీ రోగుల్లో విషయ పరిజ్ఞానం

పెంచే వుద్దేశంతో రాయడింది -దీన్ని తో చికిత్స

చేసుకోవడం కూడదు-క్వాలిఫైడ్ డాక్టర్లను కన్సల్టు

చేయడం అనివార్యం..

this is meant for educational purpose only.

Because it is beneficial for CKD sufferers to have thorough

knowledge of thier bodies` physiology and pathology

▲ — ▲ — ▲ — ▲ — ▲ — ▲

Disclaimer :: This is not a medical prescription_but

...Consulting the Uro_Nephrologists and obtaining their

Medical advice is Very much Necessarily Advised...

before using any remedy..

▼ — ▼ — ▼ — ▼ — ▼ — ▼

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Funtions of Kidneys

- **__Maintainance of Fluid and Electrolyte balance .**
- ▲ ■ **__Maintainance of Mineral balance of the body ,**
 - **__Regulation of Blood Pressure,**
 - ▲ ■ **__Excretion of ketabokic wastes/ toxins.**
- **__Keep the blood vesseles and the heart healthy,**
- ▲ ■ **__Produce Harmones necessary for the production of (R.B.C.s)Red Blood Carpuscles---(Healthy Haemoglobin levels)**

మూత్రపిండాలు చేసే పనులు.

ఒంట్లోని ద్రవాల + ఎలక్ట్రోలైట్స్-ల సమతుల్యం కాపాడటం-
అలాగే మినరల్స్ను కూడ సమతుల్యంలో వుంచటం-
బ్లడ్ ప్రెషర్-ను అదుపులో వుంచటం-
శరీరంలో మిగిలే విషతుల్య ఫదార్థాలనూ+అనవసర
వ్యర్థాలనూ విసర్జించటం-
గుండె నూ-రక్తనాళాలనూ ఆరోగ్యస్థితిలో పెట్టటం-
ఎర్రరక్తకణాల(Rbc) తయారీకి అవసరమైన హార్మోను-ను
కలిగించటం.

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ಇದಿ ಓ ಪಾಠ ಕಿಡ್ನಿರೋಗಿ ಕಥ- ಅನುಭವಾಲ ಸಾರಾಂಶಂ:-

Inferences of Experiments of a
Ckd Patient on himself with a
variety of Unany, Siddah,Herbal
Homeopathic Remedies and
Allopathic drugs.

How Our CKD man- manages the malady with
a range of Herbal Unany Remedies and
Homeopathy and Vitamin' + Mineral
supplements. ..He calls it Mixopathy....



Prior to CKD ,He was an awoed enemy of

Food-

Now Food is the Enemy no 1 To the

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**CKD–patient...but Water is the only manna
and ultimate solace and the only light at the
end of the tunnel...Even restricted diet
continues to aggravate his
condition–because there is no perfectly
suitable dietary combo for CKD
man...besides He constantly needs many
vital Nutrients which his restricted diet
cannot provide. a real "must manage"
catch22 situation...**

It is like death coming from all sides...

Command of Allaahuﷻ

Ibrahim (14:17)

*{{{ In gulps will he sip it, but never will he be near
swallowing it down his throat: death will come to him*

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*from every quarter, yet he will not die: and in front of
him will be a chastisement unrelenting.}}}*



Command of Allaahu.ﷻ

Al-Hadid (57:20)

*{{{ Know ye (all), that the life of this world is but play
and amusement, pomp and mutual boasting and
multiplying, (in rivalry) among yourselves, riches and
children. Here is a similitude: How rain and the growth
which it brings forth, delight (the hearts of) the tillers;
soon it withers; thou wilt see it grow yellow; then it
becomes dry and crumbles away. But in the Hereafter is
a Penalty severe (for the devotees of wrong). And
Forgiveness from Allah and (His) Good Pleasure (for the
devotees of Allah). And what is the life of this world,
but goods and chattels of deception? }}}}*

Command of Allaahu.ﷻ

Aal-i-Imraan (3:186)

*{{{ ""Ye shall certainly be tried and tested in your
possessions and in your personal selves; and ye shall*

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certainly Hear much that will grieve you, from those who received the Book before you and from those who worship many gods. But if ye persevere patiently, and guard against evil,-then that will be a determining factor in all affairs """"}}}

🕌🕌🕌🕌🕌🕌🕌🕌

Command of Allaahu.ﷻ

Al-Baqara (2:155)

{{{ """"Be sure we shall test you with something of fear and hunger, some loss in goods or lives or the fruits (of your toil), but give glad tidings to those who patiently persevere, """"}}}

🕌🕌🕌🕌🕌🕌🕌🕌

Command of Allaahu.ﷻ

At-Tawba (9:16)

{{{ """"Do you think that ye shall not be tested, as though Allah did not know those among you who strive with might and main, and take none for friends and protectors except Allah, His Messenger, and the (community of) Believers? But Allah is well-acquainted with (all) that ye do """"}}}

🕌🕌🕌🕌🕌🕌🕌🕌

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THIS IS A DIVINE PUNISHMENT IN THIS WORLD FOR WHAT HE HAS
DONE WITH HIS OWN HANDS- + FOR THE ACTS OF DISOBEDIENCE TO THE
ALMIGHTY-AND FOR THE TYRRANY /EXPLOITATION/INJUSTICE
UNLEASHED ON OTHER CREATURES OF GOD, AND OF USURPATION OF
RIGHTS OF OTHER SLAVES OF GOD ...
MAY BE THIS IS A REMINDER TO STRAIGHTEN HIM AND MAY BE AS AN
EXPIATION FOR HIS SINS

Command of Allaahu.ﷻ

Al-Hadid (57:21)

*}}} Be ye foremost (in seeking) Forgiveness from your
Lord, and a Garden (of Bliss), the width whereof is as
the width of heaven and earth, prepared for those who
believe in Allah and His messengers: that is the Grace of
Allah, which He bestows on whom he pleases: and Allah
is the Lord of Grace abounding.}}}*



ఎలెక్ట్రోలైట్స్-వాటి విలువలు-తిండిగురించిన జాగ్రత్తలు.

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Daily Permissible quantum of **Electrolites..+.Caution about Foods**

Non-Vegetarian /Animal Foods are not Conducive
for Renal Health.Such foods contain more proteins
which a weakened kidney cannot handle...However

CKD man can take

10 gms of boiled white of eggs per diem ...

However the dialysis patient can take animal foods

to offset the loss of proteins by

Haemo_Dialysis..because the machine cannot
differentiate between the necessary and voidable
toxins...Our friend has successfully avoided

Haemo-Dialysis or the past four years..

STRICT ADHERANCE TO THIS PROTOCOL

IS HELPFUL IN REDUCING AVOIDABLE

HEALTH HAZARDS

కిడ్నీలకు తీవ్రంగా హాని కలిగించే ఈ కింది వాటికి దూరంగా ఉండటం చాలాచాలా

అవసరం:

1---సారాయి,కల్లు,బ్రాండ్,విస్కీ,రమ్,వైన్,బీర్,గుడుంబా,వగైరా ఆల్కొహోలిక్ డ్రింక్స్

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(మద్యపానాలు-తాగుళ్ళు),
గాంజా,చిలుం,హుక్కా,పొగపేల్చుట,చుట్టకాల్చుట-
అన్నిరకాల మాదకద్రవ్యాలు,గుట్కాలు-

1---ABSTENTION FROM- KIDNEY KILLERS LIKE ALCOHOLIC BEVERAGES, SMOKING, DRUGS, NARCOTICS,

2---ఇంకా హెల్త్ డ్రింక్స్ , డబ్బాలలో-సీసాలలో-కేన్-లలో వచ్చే పానీయాలు-
సోడాలు,కోలాలు,బేకరీ తిండి,ఎక్కువగా కాల్షియం,తాళిపు చేయబడిన,అతిగా
నూనెలో కాల్షియం తినుబండారాలూ,-ఫాస్ట్ ఫుడ్స్,జంక్ ఫుడ్స్- ఇలాంటి ఫేషన్
తిండ్లన్నీ కిడ్నీలకు ముప్పులు కలిగిస్తాయి!?

2---HEALTH DRINKS, BOTTLED DRINKS, AERATED SODAS, COLAS, BAKED FOODS, GRILLED, SAUTED, DEEP-FRIED , FOODS, HAMBURGERS, JUNK FOODS, HYPER-SUPER-FOODS,

3---ఎనర్జీ బార్,చాకోలెట్స్-ప్రోటీన్(మాంసకృత్తుల)సప్లిమెంట్స్,లాంటి రెడిగా దొరికే
హైపర్-సూపర్ -వస్తువులన్నీ కిడ్నీలను గాయపరుస్తాయి.

3---ENERGY BARS, CHACOLETTES, PROTEIN SUPPLEMENTS, AND SIMILAR OUTSIDE FOODS WHICH ARE THE MOST INJURIOUS FOR THE HUMAN RENAL SYSTEM-MARKETED BY MEDIA HYPE..MUST BE DISCARDED

-AVOIDED-CONCIOUSLY..

4---"కీటో"తిండి -అంటే మొత్తం మాంసాహారాలు + నూనెలూ+ విటమిన్
సప్లిమెంట్లు -మాత్రమే తినటం-
శాఖాహారాన్ని వదిలేయటం-అట,-
దీనికి మనిసి జీర్ణావయవాలు తయారుగాలేవే! + తట్టుకోలేవే!!!

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4---KETO_DIET IS HIGHLY HARMFUL FOR CKD

AFFECTED PERSONS..

5---కిడ్నీ జబ్బుతో బాధపడేవాడు తినాల్సినవి ఇవే!

తక్కువ మాంసకృత్తులు -తక్కువ భాస్వరం-

అతి తక్కువ ఉప్పు-కలిగిన పదార్థాలనే తినాలి.

పొట్టు తోపున్న దినుసులు- తినరాదు.

నీళ్ళలో అతిగా(లీచింగ్) వుడికించిన కూరగాయల లో పొటాసియం తక్కువ-ఇతే

అన్ని విటమినులూ నీళ్ళపాలొతాయి.

5---FOODS SHOULD BE

LOW-PROTEIN,LIMITED-PHOSPHOROUS,LIMITED

POTASSIUM., VERY LOW SODIUM AND

LESS BRANNY, ..KIDNEY FRIENDLY

.....LEACHING WILL REMOVE SOME

POTASSIUM FROM VEGETABLES.....BUT

VITAMINS ALSO GET LOST..

6---అక్షలేట్సు-ఎక్కువగా వున్న పాలకూర,వర్షగడ్డ(అలూ-బంగాలాదుంప)బీటూట్, రుబార్బ్,బెండ,పొట్టు తోపున్న పప్పుగింజలూ,బాదం,రాప్స్-బెర్రీ,కోకో,చాకోలెట్,-ఇవన్నీ

--కిడ్నీమూత్రపుసంచీ,స్లీహాలలో రాళ్ళు పడటానికి కారకాలు,-కాన వర్షింపతగ్గవి!

ఇంకా -పస్తా-బెడ్-నాన్-రొట్టెలు,డబ్బాలలో పేక్-చేయబడిన మాంసం-చేపలు,

కోడిముక్కులూ,వగైరాలు, ఇంకా -వెన్నమీగడ,నెయ్యి,లాంటి అన్ని (DAIRY)డెయిరీ

ప్రాడక్ట్స్-వీటన్నింటిలో కిడ్నీలకు అష్ట-నష్ట-కష్టాలు కలిగించే మాంసకృత్తులు -

పొటాసియమ్-సోడియం(వుప్పు)-ఫాస్ఫరస్-చక్కెర-ఆర్థిఫిషియల్ స్వీటెనర్-లు- చాల

యెక్కువ మోతాదులలో వుంటాయి!!!

6---Oxalate rich foods like

Spinach,Rhubarb,Potatoes,Beets,Okra,Bran

Cereals,Almonds,Raspberries,Cocoa,Chacolettes-

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--promote formation of Calculi- Stones , in Kidneys, Spleen, Urinary Bladder etc..hence are harmful and thus consciously abstained . Also Pasta and Breads are avoidable along with Processed Meat/Dairy/Canned/Junk/as they contain high levels of Proteins/K/Na/Phos/Sugars/Artificial Sweeteners.

7---చేపకు నీళ్ళెక్లా అవసరమో -కిడ్నీషారోగికి-నీళ్ళతోనే బతుకు ,దప్పికగొన్న ఒంటెలాగా తాగాలి నీరు- శరీరంలో నీటి మోతాదు తగ్గకుండా -డీ హైడ్రేషన్ అవకుండా ముండాలంటే కిడ్నీషారోగి రోజంతా-బాగా నీరూ + ద్రవపదార్థాలూ.+ నిమ్మరసాలూ+క్రేన్బెర్రీ , బ్లూబెర్రీల రసాలూ తాగుతూ ముండాలి--(ప్రతిదినం 3.5---5.00లీటర్లు తాగుతాడు మా CKDదోస్తు.)

7__KIDNEY PATIENT SHOULD DRINK WATER LIKE A THIRSTY CAMEL---IT IS OF UTMOST IMPORTANTACE TO KEEP THE BODY WELL HYDRATED-OUR CKD MAN CONSUMES -MORE WATER AND MORE FLUIDS,MORE JUICES OF CRANBERRY,BLUEBERRY,LEMON,,ETC..

8---కిడ్నీలకు మందులుగా పనిచేసే అపిల్-డ్రాక్ష-దానిమ్మ-అనాస-దోస-కలుబూజా-లాంటి తినవలసిన తాజా పండ్లు + తాజా కూరగాయలూ బాగా తీసుకోవాలి. కిడ్నీలు తిరిగి కోల్పోయిన పనితీరును పొందగలవు.

8__PERMISSIBLE FRUITS AND VEGETABLES ARE TO BE CONSUMED LIBERALLY-FRUITS LIKE APPLES

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**,BLACK GRAPES,POMEGRANATES
,PINEAPPLES,WATERMELONS,MUSKMELONS,HAVE
A REJUVENATING EFFECT ON THE KIDNEYS. -FRESH
JUICES FROM THESE FRUITS HAS A POSITIVE
SALUTORY EFFECT ...ON THE NEPHRONS . SOME
FRUITS LIKE GRAPES,POMEGRANATES, HERBS-ARE
MENTIONED IN THE SCRIPTURE.**

9-----తాజా మక్కబుట్టలు-నిమ్మసం-బెర్రీలు-కొద్దిపాటి కేబేజీ-ఎల్ల బెల్ పెప్పర్లు+ఎల్ల
ముల్లంగి-సొర+కీర+గుమ్మడి-ఇవన్నీ కిడ్నీలను బాగుచేస్తాయి.

**9_-FRESH CORN,LEMON JUICE,BERRIES, LIMITED
CABBAGE,RED BELLPEPPERS- RED RADISHES,ALL
CUCUMBERS ARE CONDUCIVE FOR KIDNEY
COMFORT.**

తక్కువ మోతాదులో (చెట్ల) పీచుపదార్థాలు+ మరీ రోగనిరోధక పనుపు +ఎంటి
ఆక్సిడెంటు తెల్లడ్డ/వెల్లుల్లి కూడా ఆరోగ్యంగా నికి దోహదాలే.

**✳-VEGETABLE FIBRE, ANTI-MICROBIAL
TURMERIC (HAS CUCURMIN)AND ANTI-OXIDENT
GARLIC(CONTAINS ALLICIN) IN SMALL DOSES ARE
HELPFUL .**

10-----రోజూ30ML ఆలివ్ ఆయిల్ పచ్చిగానే తాగడం- గుండె+ రక్త నాళాలకు
మంచిది,
వర్షిన్ ఆలివ్ ఆయిల్-మెదడూ+ నరాలకూ కావలసిన పోషకాలను అందించి - "
అల్-జైమర్" +తెలివతక్కువయ్యేమగతను రాకుండా అడ్డుకోలదు.-

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**10_DRINKING VIRGIN OLIVE OIL (OMEGA3)IS
GOOD FOR CARDIAC HEALTH-AS IS EVIDENT IN
THE POPULACE OF THE MEDITERRANIAN
COUNTRIES ..**

**VIRGIN OLIVE OIL PREVENTS COGNITIVE
DETERIORATION , AND ALZHEIMERS SYNDROME BY
NURTURING THE BRAIN AND THE CEREBRO SPINAL
REGIONS.**

11---ప్రతిదినం 3/5గ్రాముల తినేసోడా--SODIUM BICARBONATE-నీళ్ళలో కలిపి
తీసుకుంటే- కిడ్నీ రోగులకును సతాయించే "అసిడోసిస్/అసిడిటీ/అమ్లపిత్తాన్ని-
తగ్గింపగలదు--ఇంకా హానికర పొటాసియమ్-నూ విసర్జన చేయింపగలదు!

**11-CONSUMING 3/5 GMS OF SODIUM
BICARBONATE (EDIBLE SODA)"-DISSOLVED IN
WATER IS GOOD FOR REDUCING METABOLIC
ACIDOSIS-COMMON IN CKD PATIENTS.-BAKING
SODA ALSO NEUTRALIZES EXCESS POTASSIUM IN
THE BODY.**

12----పెరుగు,జిలేబీ,ద్రావిడఇడ్లీ+ దోస-లాంటి "ప్రోబయాటిక్"-పులిసినవి-
జీర్ణావయాలకు శక్తి కలిగింపగలవు.

**12--PROBIOTIC FOODS LIKE YOGHURT-CURDS,
INDIAN SWEET JILABI, SOUTH INDIAN IDLI,DOSA
,SUPPORT THE INTESTINAL FLORA -THUS**

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**STABILIZING THE GASTRO-INTESTINAL SYSTEM,
(WITH MUCH NEEDED GUT FLORA)**

13-----ఆపిల్ సెడార్ వినెగర్-ACV-పులియబెట్టుబడిన ద్రవపదార్థం-దీనిని దైవప్రవక్తలు కూడా తీసుకోవాలనిఉపదేశించారు.

**13--APPLE CIDER VINEGAR(ACV) IS A KIDNEY
FRIENDLY NATURALLY FERMENTED FOOD
RECOMMENDED BY MANY PROPHETS ..**

CKD MAN SHOULD TAKE IT DAILY-

14-----ఇంట్లోనే 50గ్రాముల పరిఅన్నం+30గ్రాములపెరుగు +100మిలీ.నీళ్ళనూ రాత్రి ఓ పాత్రలో మూత పెట్టకుండా వదిలేసి-పొద్దన్నే తింటే కిడ్నీ జబ్బుకు ముందుగా పనిచేస్తాది.

అలాగే కోసిన ఆపిలు ముక్కలను మరో పాత్రలో మూత పెట్టకుండా వుంచి మరుసటి రోజు ఉదయం తింటే -కిడ్నీలకు చాలామంచిది .

**14_A HOME MADE (OVER THE NIGHT) PROBIOTIC
COMBO OF 50GMS OF COOKED RICE +30 GMS OF
CURDS +100ML OF WATER KEPT UNCOVERED -TO
BE CONSUMED IN THE MORNING IS A CONDUCTIVE
PROTECTIVE MEASURE -**

**LIKEWISE APPLE PIECES CUT IN THE PREVIOUS
EVENING ,AND LEFT UNCOVERED OVER NIGHT MAY
BE TAKEN AFTER THE BREAKFAST..**

15-----

15-----ఉప్పు-దెబ్బతిన్న కిడ్నీలకు అతి హానికరం-బొత్తిగ తినకుండా వుంటే కిడ్నీ ఆరోగ్యానికి మంచిది,

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అలాగే
చక్కఱ+శాక్కరిన్+తీపుపదార్థాలతో తయారైన రెడీమేడ్ ఫుడ్స్ + డ్రింక్స్+
మిఠాయిలనూ వర్జింపవలయును!

**-15- EDIBLE SALT SHOULD BE AVOIDED ALONG
WITH HIDDEN SODIUM + SACHCHARINE/
SUGARS/SWEETENERS.**

**EXAMPLES ARE -READY MADE / CANNED/
BOTTLED/PROCESSED SNACKS, FOODS +
DRINKS,SWEETS, ETC..**

దేవదాసు-తాగుబోతులు అతిగా ఉప్పు,కారం + మసాలాలను తినాలని
ఆమరిస్తారు.అందుకనే ఫుడ్ ఇండస్ట్రీ వాళ్ళు-తమ ప్రాడొక్ట్స్ లో అతిగా ఉప్పు,
కారం + మసాలాలను + కార్బినోజెనిక్ రసాయనిక పదార్థాలనూ +రంగులనూ
వుపయోగిస్తారు.
కిడ్నీ రోగికి యివన్నీ పనికిరావు-

◆**THE ALCOHOL ADDICTED MAJORITY CRAVES
FOR**

**SALTY -HOT FOOD STUFF...AND THE FOOD
INDUSTRY IS EVER ACCOMODATIVE OF THE WHIMS
OF THE MAJORITY. THAT IS PLAIN BUSINESS-.
THE REULT IS THAT EVEN SOME TRADITIONAL
INDIAN SWEETS CONTAIN HIDDEN SODIUM...AND
HARMFUL CARCINOGENS...◆**

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16--KEEPING A TAB ON TYPE TWO DIABETES-

17----అలాగే హై బీ-పీ-నీ అదుపులో పెట్టుకోవాలి.

17-KEEPING HYPERTENSION WITHIN MANAGEABLE

LEVELS -

18-----అందరికీ తగిలే ఇన్ఫెక్షన్ల నుండి-ముఖ్యంగా మూత్రకోశ-మూత్రనాళ-కెథీటర్ సంబంధిత UTI/CAUTI-శ్వాసకోశ INFECTIONS +పెరిటోనైటిస్ + సెప్టిక్-సెప్టిక్ షాక్ లు తగలకుండా కిడ్నీ రోగి జాగ్రత్త పడాలి.

18_AVOIDING INFECTIONS-GENERAL MICROBIAL

INFECTIONS /-OR SPECIFIC INVASIONS LIKE

URINARY TRACT_(UTI)+ CATHETER INDUCED

CAUTI, BLADDER(CYSTITIS)-THORACIC (RTI)

INFECTIONS ,PERITONITIS , SEPSIS , EYE

INFECTIONS ETC IS ESSENTIAL..

ఇంకా కిడ్నీ రోగి- నెఫ్రైటిస్/నెఫ్రోసిస్/ GFR పడిపోవడం-మరీ సంజా(ఎడేమా+అసైటిస్) జబ్బులనుండి కూడా తనను తానే కాపాడుకోవాలి!
"గాడ్ హెల్ప్స్ డోస్ హూ హెల్ప్స్ డెమ్.సెల్ఫ్స్"

◇◇◇EQUALLY IMPORTANT IS TO AVOID

NEPHRITIS ,NEPHROSIS,FAILING GFR.

PREVENTING OEDEMA / ASCITES -(RETENTION OF

FLUIDS)IS ALSO EQUALLY IMPORTANT-◇◇◇

19-----చీటికి మాటికీ డాక్టర్లు రాసే ఎంటీ బయాటిక్ మందులను-అత్యవసరమైతే గానీ వాడరాదు.

19_AVOIDING ANTI-BIOTIC DRUGS.

20-----ఎంటాసిడ్స్-ను వాడితే కిడ్నీల స్థితి ఇంకా దిగజాతుందని,

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**20_AVOIDING ANTACIDS-IT IS PREFERABLE TO
DESIST FROM USING ALL ALLOPATHIC DRUGS-**

21----

నొప్పులకు వాడే PAINKILLERS కిడ్నీలనూ "కిల్"చేయగలవు..అని మాCKD FRIEND కు
విశదమైనది,
కిడ్నీలకు నిద్రమాత్రలూ మంచివిగావు,

**21_AVOIDING PAINKILLERS-/ SOPORIFICS / SLEEP
INDUCERS / ETC..**

22-----పైన తెలిపిన మందులూ/ద్రగ్గా-మూత్రపిండాలను దెబ్బతీయగలవు-
వడబోత చేసే

"నెప్రాను"-లు పాడైతే కిడ్నీ కూడా పాడే-ఇక దేవుడే దిక్కు ..ఈతి బాధలు పురూ...

**22-_THE ABOVE ITEMS ARE INJURIOUS TO THE
KIDNEYS AND ARE LIKELY TO ADVERSELY AND
SEVERELY DAMAGE THE NEPHRONS LEADING TO
END STAGE KIDNEY DISEASE -WITH
DIRE-UNPLEASANT CONSEQUENCES..**

23-----

**23_Thank the Good Lord-Al-Mighty-/---Kidneys
have been endowed with the highest Regenerating
+ Rejuvenating -properties -Even a failing kidney
exerts itself to save the body from toxins.
All through kidneys are dealing with the dangerous**

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stuff that man consumes-They are constantly regrowing the damaged tissues and rejuvenating all the time .

Kidneys work overtime to keep the man alive.

24-----

24---kidneys deserve some rest and right nutritional factors in order to function at optimum levels-alas! Modern civilized Lifestyle is the chief culprit cum villain in the so-called developed nations .The number of people affected by HBP,CKD,DIABETES-2,CANCER,is ever increasing alarmingly.

25----

25_A SOUND SLEEP OF 8 HOURS PER DIEM IS NECESSARY FOR THE KIDNEYS TO REFRESH AND REJUVENATE...WITHOUT SUFFICIENT SLEEP THE PROCESS OF REGENERATION / REJUVENATION OF KIDNEYS IS A MIRAGE.

ANXIETY AND STRESS ARE HARMFUL -HENCE

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SHOULD BE AVOIDED.

Command of Allaahu.s.w.t

Al-Furqaan (25:47)

{} And He it is Who makes the Night as a Robe for you, and Sleep as Repose, and makes the Day (as it were) a Resurrection.{}

**21-A POSITIVE KIDNEY FRIENDLY LIFE STYLE IS THE NEED OF
THE HOUR..**

**ADOPTING A HEALTHY LIFE STYLE INCLUDES BALANCED EATING
HABITS ,
SOUND SLEEP AND
ABSTINANCE FROM HARMFUL -INJURIOUS -STUFF-SMOKE/
GASES/ SOLIDS AND LIQUIDS-**

**20__IT IS ADVISABLE TO REGULATE THE DIET TO AVOID
HAEMO -DIALYSIS + KIDNEY TRANSPLANT ETC....AND THE
UNPLEASANT HUMAN TRAUMA...ASSOCIATED WITH THESE
AVOIDABLE MEDICO-SURGICAL EMERGENCIES...**

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21-PHYSICAL ACTIVITY IS TO BE RESTRICTED ...OTHERWISE

THE LEVEL OF BLOOD CREATININE WILL RISE ...

22- STRESS AND EXERTION ARE INJURIOUS...HENCE

AVOIDABLE ... SLOW WALKING FOR 30 MINUTES IN THE SUN IS

BENEFICIAL TO SAVE THE BODY FROM VEGETATING..

LOOKING AT THE SKY ,HIGH MOUNTAINS,FLYING

BIRDS,GREEN TREES,AND THE NATURE AND

CONTEMPLATING ABOUT GOD ,THE CREATOR OF

ALL THESE THINGS AND THANKING HIM FOR HIS

FAVOURS TO THE WHOLE HUMANITY AND ALL THE

CREATURES MAKES MAN HAPPY , HALE AND

HEALTHY .

23-WHITE SUGAR,WHITE POLISHED RICE ,WHITE

MILK,WHITE MAIDA (WHEAT)FLOUR,WHITE SALT

,...THESE (FIVE WHITES)PROCESSED AGRICULTURAL

AND DAIRY PRODUCE- ARE THE INJURIOUSLY DEADLY

STUFFS MARKETING PURE HYPE.-HENCE AVOIDABLE

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TOTALLY-

24-Last but not the least -A kidney patient must know the organic composition of each and every Edible Stuff

(-Values of Natrum,Kalium,Phosphoricum,Fats,Protien content ,Calorific value,Vitamins ,minerals ,etc..)

He must know what and how much is his intake of needed elements..and evolve a self suitable protocol for his own welfare...no paid Nutritionist/no Specialist /no Medical / Surgical man has any answer for the specific nutritional requirements of each patient...got

it!

✱●●●●●●●○●●●●●●●✱

//////

●———— ✱ ● ✱ ————●

●———— ✱ ● ✱ ————●

Importance + Requirement of Water

తాగే నీళ్ళు-నీళ్ళ మోతాదు-

Water is the Manna from Heaven.

But man is not grateful to Allaahu. ﷻ

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A question asked by AlMighty.

Al-Mulk (67:30)

*}}} Say: "See ye?- If your stream be some morning lost
(in the underground earth), who then can supply you
with clear-flowing water?"}}}*

**Kidneys are like a fish in water...without sufficient Hydration
the kidneys are bound to get injured....**

**For the Living Creatures Water is the Life -Approximately
80%/85% of any body is made up of water
-H²O-DiHydrogen-MonoOxide...and needs to be maintained at
that level fixed by God...any shortage or overage causes
imbalance and illness..so,KIDNEY PATIENT SHOULD DRINK
WATER LIKE A THIRSTY CAMEL---**

Big Bang law

**Ckd.afflicted friend of mine _consumes anything
between 3.5.litres to 5.0.litres of water in every 24
hours-(starting with the first dose of 400/500 ml after
getting up from sleep, followed by a mix of 200ml of**

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water+Unany sharbats-(Syrups)and also at 60 minute intervals during the rest of the day + 2/3 Times during nights-) -as suited to the changing weather and environmental factors...otherwise he will be forced to seek the avoidable medical help..Thus ,he is able to avoid, not only Doctor_Surgeons ,and their paraphernalia-,hospitals, clinical tests, CT Scans, Ultra Sound Scans,which cost ,besides physical torture ,mental agony -besides saving a fortune...

That in fact ,effectively takes care of the ketabolic wastes and helps the Kidneys to excrete the unnecessary substances from accumulating in the body ...

By refraining from solid foods and using water in plenty and fresh fruit juices ,Our CKD man, could reduce his Creatinine from 7.5 to 3.0 within three days.(72 hours)-much to the surprise of the attending medical experts...

**భూమీ-ఆకసాలూ కలిసే వుండేవి-
పగలగొట్టి వేరుచేసిందెవరో??**

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Big-bang Theory conforms....:-

Command of Allaahu.ﷻ

Al-Anbiyaa (21:30)

*}}} Do not the Unbelievers see that the heavens and
the earth were joined together (as one unit of
creation),*

before we clove them asunder?

We made from water every living thing.

Will they not then believe?}}

Command of Allaahu.ﷻ

Al-Furqaan (25:54)

*}}} It is He Who has created man from water:
then has He established relationships of lineage
and marriage: for thy Lord has power
(over all things).}}*

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●———— * ● * —————●

●———— * ● * —————●

Part Two will explain Mixopathy with Homeo and Herbal Unany Remedies.

... Ignorance is not Bliss....[9090-2021-.By-khatija.!!!]

Unlawful Foods-

A decorative horizontal row of seven diamond-shaped patterns. Each diamond is formed by four small black squares arranged in a cross-like fashion, with the squares touching at their corners. The diamonds are separated by small gaps.

Al-Baqara (2:168)

A decorative horizontal row of seven diamond-shaped patterns. Each diamond is formed by four small black squares arranged in a cross shape. The diamonds are connected by sharing their horizontal and vertical edges, creating a continuous chain-like structure.

Al-A'raaf (7:31)

A decorative horizontal row of seven diamond shapes, each composed of four smaller diamonds meeting at a central point.

Taa-Haa (20:81)

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Wrath do perish indeed! }}}}



Command of Allaahu.ﷻ

Al-Maaida (5:3)

}}} Forbidden to you (for food) are: dead meat, blood, the flesh of swine, and that on which hath been invoked the name of other than Allah; that which hath been killed by strangling, or by a violent blow, or by a headlong fall, or by being gored to death; that which hath been (partly) eaten by a wild animal; unless ye are able to slaughter it (in due form); that which is sacrificed on stone (altars); (forbidden) also is the division (of meat) by raffling with arrows: that is impiety.

This day have those who reject faith given up all hope of your religion: yet fear them not but fear Me.

This day have I perfected your religion for you, completed My favour upon you, and have chosen for you Islam as your religion. But if any is forced by hunger, with no inclination to transgression,

Allah is indeed Oft-forgiving, Most Merciful.}}}

5/3



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Command of Allaahu. ﷻ

Al-Maaida (5:91)

}}} Satan's plan is (but) to excite enmity and hatred between you, with intoxicants and gambling, and hinder you from the remembrance of Allah, and from prayer: will ye not then abstain?}}



Command of Allaahu. ﷻ

Al-A'raaf (7:33)

}}} Say: the things that my Lord hath indeed forbidden are: shameful deeds, whether open or secret; sins and trespasses against truth or reason; assigning of partners to Allah, for which He hath given no authority; and saying things about Allah of which ye have no knowledge.}}



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-మనిషి పాటించాల్సిన సుచి-సభ్యతా నియమాలు

Gods commands on Personal

Hygiene..



Approach not Evil-it will corrode the mind.

Command of Allaahu.ﷻ

Al-Israa (17:32)

*{}{} Nor come nigh to adultery: for it is a shameful (deed)
and an evil, opening the road (to other evils).{}{}*



Command of Allaahu.ﷻ

Al-Furqaan (25:68)

*{}{} Believers are Those who invoke not, with Allah, any
other god, nor slay such life as Allah has made sacred
except for just cause, nor commit fornication; - and any
that does this (will certainly) meet punishment(due for
him as a reward){}{}{}*

Command of Allaahu.ﷻ

Al-Jaathiya (45:35)

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{}{}"This, because ye used to take the Signs of Allah in jest, and the life of the world deceived you:" (On the Doomsday) that Day, therefore, they shall not be taken out thence(Hell) nor shall they be received into Grace.{}{}
////////



గుండె-రోగలక్షణాలు-

Heart- Symptoms of malfunctioning .

యెడమవైపు/బుజం/మోచేయిల వరకు తీవ్రనొప్పి.-

Pain extending to the Left Arm + Elbow,

కోరింతదగ్గు

-Persitent Cough+ ఊపిరాడకపోవటం.-

Dispnoeia-breathless feeling.

కాళ్ళ/పాదాల/చీలమండల-వాపులు-

Swollen,Legs+Ankles+Feet-

వాంతులు

-Nausea + ఆకలిమందం-

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Anorexia-want of appetite.

ఎక్కువ ఆతురత-

Extreme Anxiety-గుండెదడ-

Tachycardia + గుండె సిరల జబ్బు-

Caronary heart disorder.

తలతిరుగుడు-తెలివితప్పటం-

Dizxiness+ Fainting For want of sufficient

Oxygen(O²)

పేలవ చర్మంPale Skin + రక్త హీనత-

Anaemia + bluish color-నీలంరంగు

దద్దుర్లు-

Skin Rashes / మచ్చలు-

Unusual Spots .

అలసట-

Chronic / Sudden Fatigue,

-ఎక్కువ చెమటలు-

Increased Perspiration.



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... Ignorance is not Bliss....[౨౦౨౧-2021-.By-khatija.!!!]

• ————— * • * ————— •

చెడ్డ ఆలోచనలు మెదడూ-మనసులకు తుప్పు పట్టిస్తాయే!

Evil Thoughts and Obsceneities

corrode and make the heart and

body diseased...

(...A clean mind in a clean body..thus goes the saying...)

Command of Allaahu.ﷻ

An-Noor (24:19)

}}}} Those who love (to see) obscenity to be spread among the Believers, will have a grievous Penalty in this life and in the Hereafter: Allah knows, and ye know not.}}}}

Command of Allaahu.ﷻ

Al-Hadid (57:14)

}}}} (Those hellbound criminals) will call out to those slated for the paradise, "Were we not with you?" (The others) will reply, "True! but ye led yourselves into temptation; ye looked forward (to our ruin); ye doubted

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*(Allah's Promise); and (your false) desires deceived you;
until there issued the Command of Allah. And the
Deceiver(Satan)misled You and thus successfully
deceived You in respect of Allah.}}*

Command of Allaahu.ﷻ

Az-Zukhruf (43:36)

*}}} If anyone withdraws himself from
remembrance of (neglects Allahﷻ) Most
Gracious, We (Allahﷻ) appoint for him an
evil one, to be an intimate companion to him.}}*

Command of Allaahu.ﷻ

At-Tawba (9:109)

*}}} Who then is the best? - he that layeth
his foundation on piety to Allah and His
good pleasure? - or he that layeth his
foundation on an undermined sand-cliff
ready to crumble to pieces? and it doth*

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crumble to pieces with him, into the fire of Hell. And Allah guideth not people that do wrong.}}

Command of Allaahu.ﷻ

At-Tawba (9:110)

}}} The foundation of those who so build is never free from suspicion and shakiness in their hearts, until their hearts are cut to pieces. And Allah is All-Knowing, Wise.}}



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నీళ్ళుపోసుకోవటం-మొగుం,చేతులూ,కాళ్ళూ,కాయా,ముద్దీ, ముక్కు,చక్కగ

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కడుక్కోవటం-

Major and Minor Ablutions

Thorough washing after defecation/ urination
/Ejaculation _is the key for Good Personal
Hygiene.

Command of Allaahu. ﷻ

At-Tawba (9:108)

*{}{}In it (the Prayer House) are men who love to be
purified; and Allah loveth those who make themselves
pure.{}{}*

సుచీ-శుభ్రులాలనూ-నమ్మిన బంటులనూ-చులకనగచూసే+హేళనచేసే వాళ్ళంతా ఇప్పుడు -
మాస్కులూ-ppeలూ -వేసుకొని తిరుగు తున్నారు!
శానిటైజర్ + హేండ్ వాష్-కార్నినోజన్లతో పదేపదే కడుగుతూనే వున్నారు-
దేవుడు తగిన శాస్తి చేయించారు!!!

Mockers of this hygienic aspect are now
forced to wear PPEs,Masks,and
compelled to wash their hands
frequently with Sanitizers etc..made
from carcinogenic substances...
.....is it not the Divine Wrath...???

Command of Allaahu. ﷻ

Al-Maaida (5:6)

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*}}} O ye who believe! when ye prepare for prayer,
wash your faces, and your hands (and arms) to the
elbows;*

*Rub your heads (with water); and (wash) your feet
to the ankles.*

*If ye are in a state of ceremonial impurity, bathe
your whole body.*

*But if ye are ill, or on a journey, or one of you
cometh from offices of nature, or ye have been in
contact with women, and ye find no water, then
take for yourselves clean sand or earth, and rub
therewith your faces and hands,
Allah doth not wish to place you in a difficulty, but
to make you clean, and to complete his favour to
you, that ye may be grateful.}}}*

5/6

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కొన్ని ఎంజైములు :

Enzymes like

Bromelain,Quercetin,Cucurmin.

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Bromelain Cucurmin and Quercetin are

Anti-inflammatory and Anti-Microbials :

Source-Pineapples

Quercetin:Onions,Apples,Ginko-Bilboa-Berries..

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Chart showing the Permissibles....

Electrolytes-

Their daily values-ఎలక్ట్రోలైట్స్-వాటి మోతాదులు-

Electrolytes.

Potassium-K -Potassium rich foods like Banaanas, Fastfoods, Junkfoods, Yam,Beet, Avocado, Lentils,	Less than 2000mg... Excess Potassium (hyperkalemia)causes Fatigue, Nausea,Vomitting,Chestpain,Breathing problem,Numbness,Tingling sensation,Heart attack-Cardiac arrest,Muscular weakness,irregular Heart function, degeneration of Renal tissues,..eventual sudden death.. Less potassium(hypokalemia) is also fatal..(Fatigue,Weakness,Palpitationa,Muscle cramps,+pains,Spasma,Digestive disorders,)to the Heart	Per day
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Tomatoes, Peas,Dry Fruits,etc should be avoided scrupulously	and B ody a fine balance has to be maintained at all times ... Our friend assiduously consumes bottle gourd,kheera regularly	
Sodium chloride _Common Salt	Better to avoid altogether .. Less than 500mg excess Natrum.leaves result in Thirst,Swellings,Breathlessness ,Oedema-retention of H2O- Ascites,Peritonitis Sepsis-,	Per diem
Phosphorus	Less than 800mg-excess "Ph".itching,weak muscles,weak bones,bone pains,joint pains,stiffness of extremities-etc	Per diem
2.Protiens		
Fats		
Protiens	Approximately 40gms .since animal protiens produce more ketabolic substances ,which kidneys cannot eliminate effectively He takes substances like idly/Vada/lentils in small quantities	Per day
Fats	1.Approximately 40gms...the best source is the Virgin Olive Oil from Spain/italy...it is (85%)unsaturated and suitable for the Brain,Nervous system,bones, ,kidneys and skin, it is an anticarcinogenic 2.Small amounts of Curds is good....milk and curds have more Phosporus ..this aspect cannot be ignored..	Per day
3.Other supportive Requirements		
Calcium	500 mg .. 1.Excess phosphorous in human system will deplete the	per diem/

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	Calcium in osteo-Skeletal system ,there by causing weak painful bones ,loose teeth , Osteoporosis, 2.Supplemental Calcium like "Mendoza "tablets from "Hamdard Unany ltd.Dehli " contains natural shell calcium from freshwater mollusca- also low priced	once in Two days as per patients feeling s.
Ferrum-iron supplements	Since compromised kidneys cannot assist the production of RBCs -ckd patient is Anaemic and needs external sources of Ferrum,.. Supplemental Iron made from filings of iron as" Khusta Qurs Faulad "by "Hamdard Unany ltd,"Delhi-is readily absorbed by the human system...economical also	
Vitamin Supplements		
B-complex	need based consumption	as per requirements of the individual
Folic Acid	need based consumption-to aid absorption of Ferrum	
Ascorbic Acid -Vit-C	500mg /1000mg aids absorption of Vitamins and Minerals +Preventive of Carcinoma	per diem
Vit-D +Vit-A	as per individual requirements	

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కిడ్నీరోగి తిండి-Diet

గతంలో తిండిపోతు -"సాపాట్టు రాయుడు"గా వుండిన మనిషికి "కిడ్నీరోగం"

తగిలిన తదుపరి-

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పథ్యం అనివార్యం!

-ఎందుకంటే తిండి అతనికిబద్ధ శత్రువైపోయే!-అన్నీ తినలేడు-అచితుచి అడుగులు

వేయాల్సిన సమయం ఆసన్నమైనదే!

విచ్చలవిడిగా తాగి + తినటం వలననే ఈ మాయదారి రోగం వచ్చేను..((ఈ

రోజులలో వైన్ + డైన్ ఆన్ సైన్స్ + ఇతర పోకుల "ఆకేస్కో ,వక్సేస్కో అసైన్

సూస్కో"))-అలా అడ్డగోలగా పరిభ్రమిస్తోంది భూగోళం.

**Diet is the only friend turned Foe to
the CKD.man to fight with
constantly...ultimately it is a losing
proposition ...**

**Having wrecked his biological
system gifted by the AlMighty with a
carefree obscene life style of
forbidden Wine,Dine on Swine and
mate+copulate+propagate...**

**Has man lived / outlived the
purpose of his creation ?????**

Adh-Dhaariyat (51:56)

Command of Allaahu.ﷻ

{{{ I have created Jinns and men, that they may

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serve Me Alone (Allah ﷻ only)}}

Az-Zumar (39:26)

Command of Allaahu. ﷻ

}}} So Allah ﷻ gave them a taste of humiliation in the present life, but greater is the punishment of the Hereafter, if they only knew!}}

Command of Allaahu. ﷻ

Ad-Dukhaan (44:49)

}}}Taste thou (this punishment)! Truly You (thought that you are invincible on the Earth)feigned mighty, full of honour !}}

Al-An'aam (6:93)

Command of Allaahu. ﷻ

}}}..... If thou couldst but see how the wicked (do fare) in the flood of confusion at death! -

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*the angels stretch forth their hands, (saying),
"Yield up your souls: this day shall ye receive your
reward, - a penalty of shame, for that ye used to
tell lies against Allah ﷻ, and scornfully to reject of
His signs!"}}*

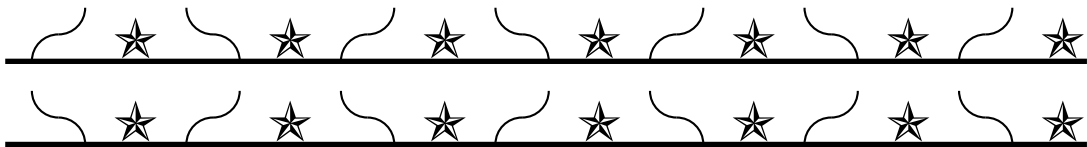
Command of Allaahu. ﷻ

An-Najm (53:42)

*}} That to thy Lord is the final
Journey(destination).}}*

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**Note-: యూనానీ చెట్లమందులూ+ మరియు
హోమియో రెమెడీల వివరాలను
ఈ పుస్తకం రెండోభాగంలో వున్నాయి.**



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Note---:---Herbal Unany remedies

+ Homeo Remedies

Refer to part 2 of this Document.



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దేవుడు ఒక్కడే అనే నమ్మకం:

Belief in the oneness of AlMighty..

....Not assigning partners to HiM ﷻ.

Yusuf (12:39)

Peopphet Yusuf(Josef)-a,s.is asking his co-prisoners...

{}{}"O my two companions of the prison!

(I ask you): are many lords differing among themselves better, or the One Allah, Supreme and

Irresistible?{}{}{}

Command of Allaahu. ﷻ

Al-Baqara (2:255)

{}{} Allah! There is no god but He, -the Living, the

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*Self-subsisting, Eternal. No slumber can seize Him nor sleep.
His are all things in the heavens and on earth. Who is there
can intercede in His presence except as He permitteth? He
knoweth what (appeareth to His creatures as) before or after or
behind them. Nor shall they compass aught of His knowledge
except as He willeth. His Throne doth extend over the heavens
and the earth, and He feeleth no fatigue in guarding and
preserving them for He is the Most High, the Supreme (in
glory).}}*

Command of Allaahu.ﷻ

Al-Baqara (2:256)

*}} Let there be no compulsion in religion: Truth stands out
clear from Error: whoever rejects evil and believes in Allah
hath grasped the most trustworthy hand-hold, that never
breaks. And Allah heareth and knoweth all things.}}*

Command of Allaahu.ﷻ

Al-Baqara (2:257)

}} Allah is the Protector of those who have faith: from the

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depths of darkness He will lead them forth into light. Of those who reject faith their patrons are the evil ones: from light they will lead them forth into the depths of darkness. They will be companions of the fire, to dwell therein (For ever).}}

Command of Allaahu.ﷻ

Al-Hashr (59:22)

}}} Allah is He, than Whom there is no other god;- Who knows (all things) both secret and open; He, Most Gracious, Most Merciful.}}

Command of Allaahu.ﷻ

Al-Hashr (59:23)

}}} Allah is He, than Whom there is no other god;- the Sovereign, the Holy One, the Source of Peace (and Perfection), the Guardian of Faith, the Preserver of Safety, the Exalted in Might, the Irresistible, the Supreme: Glory to Allah! (High is He) above the partners they attribute to Him.}}

Command of Allaahu.ﷻ

Al-Hashr (59:24)

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*}}{ He is Allah, the Creator, the Evolver, the Bestower of
Forms (or Colours). To Him belong the Most Beautiful Names:
whatever is in the heavens and on earth, doth declare His
Praises and Glory: and He is the Exalted in Might, the
Wise.}}*

Command of Allaahu. ﷻ

Al-Ikhlaas (112:1)

}}{ Say: He is Allah, the One and Only;}}

Command of Allaahu. ﷻ

Al-Ikhlaas (112:2)

}}{ Allah, the Eternal, Absolute;}}

Al-Ikhlaas (112:3)

Command of Allaahu. ﷻ

}}{ He begetteth not, nor is He begotten;}}

Command of Allaahu. ﷻ

Al-Ikhlaas (112:4)

}}{ And there is none like unto Him.}}

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Command of Allaahu.ﷻ

Prophet Luqman (31:13)Spoke thus:-

}}} Behold, Luqman said to his son by way of instruction: "O my son! join not in worship (others) with Allah: for false worship is indeed the highest wrong-doing. "}}}

Command of Allaahu.ﷻ

Al-Maaida (5:72)

}}} They do blaspheme who say: "Allah is Christ the son of Mary." But said Christ: "O Children of Israel! worship Allah, my Lord and your Lord." Whoever joins other gods with Allah, - Allah will forbid him the garden, and the Fire will be his abode. There will for the wrong-doers be no one to help.}}}

Command of Allaahu.ﷻ

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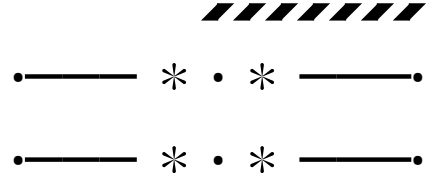
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An-Nisaa (4:116)

}}{ Allah forgiveth not (The sin of) joining other gods with Him; but He forgiveth whom He pleaseth other sins than this: one who joins other gods with Allah, Hath strayed far, far away (from the right).}}



"కుర్ఆను" చదివి + ధైర్యచింతనతో సొంతంగా మానసిక-రూహానీ చికిత్స

చేసుకోవటం-Spiritual Healing-by Reading

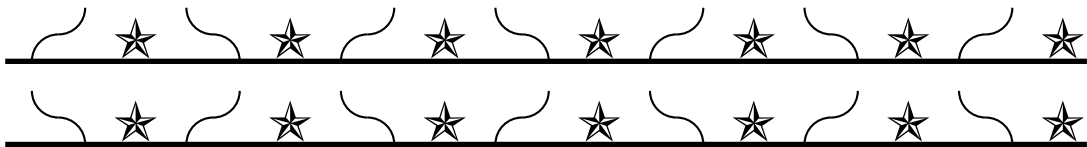
Al-Quran+ Remembering

Allaahu-s.w.t, Daily

- Listening to Ruqiah twice a day to

keep all physical and psychological

and exorcist maladies at bay..



Chronic Kidney Disease(C.K.D.) and Mixopathy - Part One.

Part Two will explain Mixopathy with Homeo and Herbal Unany Remedies.

Before creating humans , Allaahu-swt-has provided on the Earth all natural remedies-for all the diseases [-The first man Adam.a.s + and his Betterhalf Hawwa-a.h.s- knew the Remedies well...Sidda is the oldest system of medicine.] All the scientists coming together cannot

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... Ignorance is not Bliss....[٢٠٢٠-2021-.By-khatija.!!!]

Al-Israa (17:82)

Command of Allaahu.ﷻ

Allaahu's ﷻ Command

{} We send down (stage by stage) in the Qur'an that which is a healing and a mercy to those who believe: to the unjust it causes nothing but loss after loss.....

so I submit forthwith and surrender to the AlMighty with all Humility...{}

Commands of Allaahu.ﷻ

Al-Waaqia (56:77)

{} {That} this is indeed a qur'an Most Honourable,{}

Al-Qamar (54:17)

{} And We have indeed made the Qur'an easy to understand and remember: then is there any that will receive admonition?{}

Command of Allaahu.ﷻ

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Ar-Ra'd (13:11)

*}}} For each (such person) there are (angels) in succession,
before and behind him: They guard him by command of Allah.
Allah does not change a people's lot unless they change what is
in their hearts. But when (once) Allah willeth a people's
punishment, there can be no turning it back, nor will they find,
besides Him, any to protect.}}}*

As-Sajda (32:4)

Command of Allaahu.ﷻ

*}}} It is Allah Who has created the heavens and the earth,
and all between them, in six Days, and is firmly established on
the Throne (of Authority): ye have none, besides Him, to
protect or intercede (for you): will ye not then receive
admonition?}}}*

Command of Allaahu.ﷻ

Al-Alaq (96:1)

*}}} Proclaim! (or read!) in the name of thy
Lord and Cherisher, Who created-}}*

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Command of Allaahu.ﷻ

Al-Alaq (96:3)

*{{{ Proclaim! And thy Lord is Most
Bountiful, - {{{*

Command of Allaahu.ﷻ

Al-Israa (17:78)

*{{{ Establish regular prayers - at the sun's decline
till the darkness of the night, and the morning
prayer and reading: for the prayer and reading in
the morning carry their testimony }}}}*

Command of Allaahu.ﷻ

Al-Muzzammil (73:20)

*{{{ Thy Lord doth know that thou standest forth (to
prayer) nigh two-thirds of the night, or half the
night, or a third of the night, and so doth a party
of those with thee. But Allah doth appoint night*

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... Ignorance is not Bliss....[౨౦౨౧-2021-.By-khatija.!!!]

*and day in due measure He knoweth that ye are
unable to keep count thereof. So He hath turned to
you (in mercy): read ye, therefore, of the Qur'an as
much as may be easy for you. He knoweth that
there may be (some) among you in ill-health; others
travelling through the land, seeking of Allah's
bounty; yet others fighting in Allah's Cause, read
ye, therefore, as much of the Qur'an as may be easy
(for you); and establish regular Prayer and give
regular Charity; and loan to Allah a Beautiful
Loan. And whatever good ye send forth for your
souls ye shall find it in Allah's Presence, - yea,
better and greater, in Reward and seek ye the
Grace of Allah: for Allah is Oft-Forgiving, Most*

*Merciful. }}}
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ధిక్కు-ధైవతలంఘన:



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Remembrance of Al-Mighty



Command of Allaahu.ﷻ

Al-Hadid (57:16)

}}} Has not the Time arrived for the Believers that their hearts in all humility should engage in the remembrance of Allah and of the Truth which has been revealed (to them), and that they should not become like those to whom was given Revelation aforetime, but long ages passed over them and their hearts grew hard? For many among them are rebellious transgressors.}}

Command of Allaahu.ﷻ

An-Noor (24:41)

}}} Seest thou not that it is Allah Whose praises all beings in the heavens and on earth do celebrate, and the birds (of the air) with wings outspread? Each one knows its own (mode of) prayer and praise. And Allah knows well all that they do.}}

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Command of Allaahu. ﷻ

Al-Israa (17:44)

{}{}{The seven heavens and the earth, and all beings therein, declare His glory: there is not a thing but celebrates His praise; And yet ye understand not how they declare His glory! Verily He is Oft-Forbear, Most Forgiving!}{}{}

Command of Allaahu. ﷻ

Al-Hijr (15:98)

{}{}{ But celebrate the praises of thy Lord, and be of those who prostrate themselves in adoration.}{}{}

Command of Allaahu. ﷻ

Qaaf (50:39)

{}{}{ Bear, then, with patience, all that they say, and celebrate the praises of thy Lord, before the rising of the sun and before (its) setting.}{}{}

Command of Allaahu. ﷻ

Al-Ghaafir (40:55)

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}}} Patiently, then, persevere: for the Promise of Allah is true: and ask forgiveness for thy fault, and celebrate the Praises of thy Lord in the evening and in the morning.}}

////////

Al-Mujaadila (58:19)

}}} The Evil Satan has got the better of them: so he has made them lose the remembrance of Allah. They are the Party of the Shytan. Truly, it is the Party of the Evil One that will perish! }}

Al-Mujaadila (58:20)

}}} Those who resist Allah and His Messenger will be among those most humiliated.}}

Al-Mujaadila (58:21)

}}} Allah has decreed: "It is I and My messengers who must prevail": For Allah is One full of strength, able to enforce His Will.}}

////////

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ఏకాగ్ర ధైవచింతన-మురాకబః



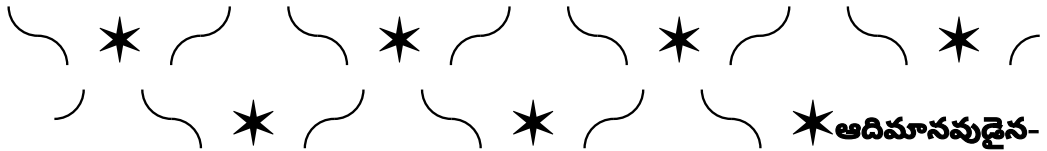
Muraaqabah/Meditation

BY MEDITATING CKD MAN ATTAINS TOTAL
TRANQUILITY,PEACE OF MIND + BODY AND
SOUL.

Command of Allaahu.s.w.t.

Ar-Ra'd (13:28)

*}}}}"Those who believe, and whose hearts find
satisfaction in the remembrance of Allah: for
without doubt in the remembrance of Allah do
hearts find satisfaction.}}}}*



అదమయ్య.A.Sగారికి దేవుడే స్వయానా నేర్పిన "ధిక్రు"-(మంత్రం)- గాలిపీలుస్తూ
-"లా ఇలాహ ఇల్లాహు"అనుకోవాలి---ఊపిరి విడుస్తూ "అల్-హమ్దు లిల్లాహి"అని
ఉచ్చరించాలి!

THE BEST WAY IS TO INHALE SAYING "LAA

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... Ignorance is not Bliss....[2020-2021-.By-khatija.!!!]

ILAAHA ILLA ALLAAHU

**(THERE IS NO GOD EXCEPT ALLAAHU S W T
)"-**

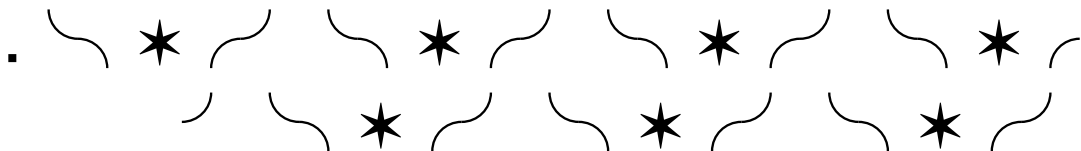
AND TO EXHALE CHANTING

"ALHAMDULILLAHI"

**(ALL PRAISE BE TO ALLAAHU.THE LORD OF
THE WORLDS)-**

**THIS SHOULD BE DONE MORNING+ EVENING
FOR 20 MINUTES.**

**REMAINING IN A STATE OF PEACE,CONTENT
AND SATIETY WILL GO A LONG WAY IN
AMELIORATING THE SUFFERING OF CKD MAN..
HE WILL BE FREED BY THE ALMIGHTY FROM
THE AGONIES OF DEATH**



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• ——— * • * ——— •

మంచినడవడిక-

Good character

Command of Allaahu. ﷻ

Al-Jaathiya (45:35)

}}}“This, because ye used to take the Signs of Allah in jest, and the life of the world deceived you:” (From) that Day, therefore, they shall not be taken out thence, nor shall they be received into Grace.}}}

////////

మానసిక ఆరోగ్యం

— Mental — Cum — Spiritual

Hygiene..

A

sound body with a sound thinking mind

is the Imperative to sustain the"

mizaj-qudrah "with which

God has created man and all the

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creatures...

Command of Allaahu. ﷻ

Ar-Room (30:30)

*}}} So set thou thy face steadily and truly to the Faith:
(establish) Allah's handiwork according to the pattern
on which He has made mankind: no change (let there
be) in the work (wrought) by Allah: that is the standard
Religion: but most among mankind understand not.}}}*

Command of Allaahu. ﷻ

Ash-Shu'araa (26:88)

*}}} "The Day whereon neither wealth nor sons will
avail,}}}*

Command of Allaahu. ﷻ

Ash-Shu'araa (26:89)

*}}} "But only he (will prosper) that brings to Allah a
sound heart;}}}*

Command of Allaahu. ﷻ

Al-Hujuraat (49:13)

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}}}O mankind! We created you from a single (pair) of a male and a female, and made you into nations and tribes, that ye may know each other (not that ye may despise (each other). Verily the most honoured of you in the sight of Allah is (he who is) the most righteous of you. And Allah has full knowledge and is well acquainted (with all things).}}}

Command of Allaahu.🌸

Al-Hujuraat (49:11)

}}}O ye who believe! Let not some men among you laugh at others: It may be that the (latter) are better than the (former): Nor let some women laugh at others: It may be that the (latter are better than the (former): Nor defame nor be sarcastic to each other, nor call each other by (offensive) nicknames: Ill-seeming is a name connoting wickedness, (to be used of one) after he has believed: And those who do not desist are (indeed) doing wrong.}}}

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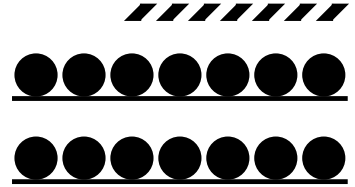
... Ignorance is not Bliss....[2020-2021-.By-khatija.!!!]

Command of Allaahu. ﷻ

Al-Hujuraat (49:12)

}}} O ye who believe! Avoid suspicion as much (as possible): for suspicion in some cases is a sin: And spy not on each other behind their backs. Would any of you like to eat the flesh of his dead brother? Nay, ye would abhor it... But fear Allah: For Allah is Oft-Returning,

Most Merciful.}}}



చెడ్డతలపులూ-పనులూ-

"తాజెడ్డకోతి-వనమెల్లజెఱచు" +

"చెఱపకురా చెడేవు"-అని గుర్తుంచుకోవాలి

చెడ్డతలపులూ-పనులూ మనసును కల్లోలపఱచి దైవమిచ్చిన ప్రాకృతిక సమన్వయాన్ని పాడుచేయగలవు-దేవుడు, మనిసి దేహాన్నీ,వాడి మనసునూ-కోరికలనూ,ఇతర లోపలిశక్తుల

తో జోడించి ,సమన్వయంచేసి -మానవరూపకల్పన చేశారు- ఐతే మనిసి తనచేష్టలతో సమాజంలోనూ-ప్రకృతి(నేచర్)లోనూ కలకలం రేపి పుట్టుకతోనే

పుణికిపుచ్చుకొన్న-ఆ నేచురల్ "ఈక్వీలిబ్రియాన్ని" కల్లోలితంగావించటంతో -అన్నిరకాల మానసిక + శారీరిక ఈతిబాధలూ,

రోగాలూ వస్తాయి- -

ఏలాంటి మానసికమైల-కాలుష్యం,రాగద్వేషాలూ,కుతంత్ర-కుచ్చితాలూ లేని నిర్మల

హృదయాలను మాత్రమే దేవుడు దరిదాపులకు రానిస్తారు-

అలాంటివారికే సంపూర్ణ స్వస్థత చేకూరిస్తారు.

ఓ కవి ఎప్పుడో రాసేసాడు-"మనుసులను ప్రేమించు మన్నా ! -మంచి అనునది కొంచెం

పెంచుమన్నా"అని....

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చిన్నపిల్లల లాంటిఅమాయక-నిర్మల మైన మనసుగల మనిసి తప్పక దేవుని మెప్పు

పొందగలడు! మరి నేనూ అలాగే కోషిష్ చేస్తా!....

దేవుడిచ్చిన బంగారులాంటి మనసును తుప్పుపట్టినఇనుముగా చేసుకోవడం -చాల

అవివేకం కాదా!

Evil thoughts upset the fine "Mizaj -Natural

Biological Equilibrium"-- A complex web of

physico -psychological mix with

emotions,wishes ,whims and fancies

corrupting the

Mind and body causing disease-harm to the

self and to others

The Endocrine system and the Ezymatic

systems are adversely and perversely

affected by the moods and sentiments of

creatures (-man is one among them),upsetting

the natural "Qudara -Destiny"with which each

thing is endowed at the time of it's creation

itself .

Man has to sustain this God-given fine

balance.He should wish for what God has

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chosen for the expected subservient slave...



Command of Allaahu.ﷻ

At-Takwir (81:29)

*{}{}{}But ye shall not will except as Allah wills, -
the Cherisher of the Worlds.{}{}{}*

Command of Allaahu.ﷻ

At-Takwir (81:26)

*{}{}{} To where are you heading for ?
(deviating away from the True Path) {}{}{}*



అత్తిపత్తి నాయం/బదనాయం-

Mimosa Pudica Justice.????

ప్రక్షుతి పరంగ ప్రతి దాంట్లోనూ -మంచి + చెడ్డా-రెండూ యిమిడివున్నాయి,-
మనుషులలో కూడా అంతే !!!

-ఇదే మనిషికి ఈలోకంలో దేవుడు పెట్టే టెస్టు / ఎక్జామినేషన్-ఎవడు చెడ్డను
పాజిటివ్ ఏటిట్యూడ్ తో మట్టుపెట్టి - పరీక్షలో పాసవుతాడో వాడే సఫలుడు-

వానికోసమే హెవన్-పారడైజ్-అదన్-Eden Gardens-యింకా యెన్నెన్నో!

స్పృష్టింపబడిన ప్రతిదాన్లోనూ మంచి + చెడ్డా-రెండూ మిలితమై వున్నాయి.

చెడ్డజేస్తే మనిషి లోపలినుండి సిగ్గులే ఫూషిస్తుంది-ఇదిచెడ్డ-అని-

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ఐనా ఖాతరు చేయడు మనిసి!!!!

మంచిపని చేస్తే మానసిక ఉల్లాసం కలగదా?!!?యేమిటి!

రాళ్ళతో ఇల్లు కట్టొచ్చు-అదే రాళ్ళతో కష్టం-నష్టంకూడా కలిగించవచ్చా???

మనిషి అంతే పాజిటివ్ మానవుడు ***మదర్ థెరసాలా*** దిక్కు లేని

బిచ్చగాళ్ళకూ ముడ్డికడిగి -మూతితుడిసి-సేవచేయగలడు!!

నెగెటివ్ దానవుడు బారాఖూన్-కర్నక్తా! యా నహీ ???

-ఇంకా కీచకుడై పెట్టిగిపోయి "రేపు"లు/"గ్రేపు"లు---రేపి/మూకవుమ్మడి సంపుళ్ళు సలప గలడు!-

...గ్రేడ్-గోడ్-ఫాదర్స్-"వత్తాసు" వుంటే యెన్నో రియాయతులు పొంది ,ముందస్తుగానే జైలు/ జైలు-నుంచి జైలుపడి-"సంస్కారీ" అని పొగడబడి -దండలూ + మితాయిలూ + స్వాగత

మర్యాదలూ పొందగలడు-

బారాఖూన్ మాఫ్ - దస్ "రేపు"/"గ్రేపు"లూ బోనస్- మాఫ్!

ఇదేం బదనాయం రా !-నాయం నాలుగు పాదాలపై నడుస్తాదా? పరుగెత్తు తోందా .

కీచక (అ)న్యాయం-రెండురకాలు -(1)-అన్నదీయులకు వడ్డన-

[యాడ కూసుంటే నేమి లగ్గంలో-వడ్డించేవోడు మనోడైతే లడ్డూ,జిలేబీ -అన్నీ టంచన్ గా

మన

ఆకులో వచ్చిపడవా???

తినలేకసావాల గాని ?]

(2)-అన్నదీయులకు దుడ్డు కల్లితో దుడ్డన-బాదుడు!...చిన్నదానికి గొప్పదండనలూ-

బతుకులు నలిగిపోయే !!!

పులిమీద పుట్టలా ట్రోజనుగుళ్ళాలూ దూసుక-విరుచుక పడుతుండే!!!

ఇదీ కల్ల-యుగ నాయం!-

చతుష్పాదన్యాయం-

"జిస్కీ లాఠీ ఉస్కీ ఖైదీ"-అంటావుండే నా పడోసీ పాషా!.. గదే నిజమనిపిస్తోందా? ***"1975లో "సమ్మింగ్ బ్యూటీఫుల్ ఫర్ గాడ్"-అనే పేరుతో "మదర్ థెరసా" జీవితచరిత్ర

చదివాక-ఆమెను తప్పక చూడాలని "కలకత్తా"వెళ్ళి చూసే భాగ్యం దేవుడు నాకు కలిగించారు-నా కన్నులతో చూసిన పదారణాల నిజం--ఐతే కొందరు అసూయాపరులు " హేకింగ్ బెస్ట్ ఆఫ్ ఈవిల్ మైండ్ సెట్"-కుతంత్రాలతో -ఇప్పుడు ఆమెపై పెండ-గలీజాలు-

గొట్టి-బదనామ్ జేస్తుండీ!!!-వీడియోలు చేస్తుండీ-***

నాకుతెలిసి అలాంటి నిస్వార్థపర మనిసి మైక్రోస్కోప్ తో వెదకినా కానరాలే-మొత్తం

హోరైజాన్ లో-

"తాజెడ్డకోతి వనమెల్ల జెఱచు"అన్నటులవుందీ యవ్వారం!!!

దాదాపు అర్థ శతాబ్దం జెఱచున్నా ఆహో నెల్లివానంలో మారణహోమ కాండ జరిపిన

కీరాతకులకు ఐంతవరకూ యే దండనా పడలేదే!!!

ఇదే దమనాక్షసీల నాసు నిర్వాకం-

"పలనతు" గ-లో ఈ మారణహోమ కాండ నిర్విరామంగ జరుపుతూ సెంచురీ యెండ్ల స్కోర్

చేసారు వూదులు-

వీదో తమాషా చూసినట్లు పాశవికంగా ఆనందిస్తోంది అధునాతన గ్లోబల్ గొబ్బెల

మానవదానవ తత్వం-

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Might is right-

Charles Darwins Theory of Natural Selection-

"Survival of the fittest-"

గడ్డాలకోరలపిల్లి కుతీలకొంగ జపంచేసి దగ్గర కొచ్చిన యెలకలను కబళించినట్లు-స్వచ్ఛ-

స్వచ్ఛ-అనే పదం నాసిరకపు సచ్చుపదమా?

స్వచ్ఛ కొఱవపడిన స్వచ్ఛ యెందుకు పనికొస్తాదో?

లేక గొబ్బెలకప్పలబెకబెకగోబరైల కుతీల పాచికనా?..అనే అనుమానం పెనుభూతంమై

పోగలదా???

మానవుడే దానవుడు-

అనే బొమ్మల"సిలిమా" యెన్నడో నా సిన్నతనంలో సూసింటి-గిప్పుడది యాదుకొస్తోంది!!!

.నేలపై బదన్యాయానికి గురైన మజ్జాములకు మంచి వార్త-

సాహిర్ లూథియాన్వీ రాసినట్లు -

సబ్ సే బడా సర్కార్ ఊపర్ వాలా హై-చారి మోస్ట్ హైయస్టు కోర్టులో తు.చ తప్పుక
అందరికీ న్యాయం జరుగుతుంది అక్కడ యెవరి సాక్ష్యం అవసరంలేదు చునిసి చేసే ప్రతిదీ

రికార్డు లో రెడీగా వుంది చునిషి పోవటమే తరువాయి/

యెన్నడూమోకరిల్లని అన్యాయులూ అక్రమ విక్రమార్కులూ జాలిలేని జాలిములూ కూడా -
దేవునిముందు మోకరిల్లుతారు వేరే దారిలేక/

Every thing has a component of good and
evil by make.

Man has to nurture the good element in
him and always try to overpower the evil
within .



Command of Allaahu. ﷻ

At-Tawba (9:125)

{{{ But those in whose hearts is a disease, - it will

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add doubt to their doubt, and they will die in a
state of Unbelief.}}

Command of Allaahu.ﷻ

Al-Baqara (2:10)

}}} In their hearts is a disease; and Allah has
increased their disease: And grievous is the penalty
they (incur), because they are false (to
themselves).}}

Command of Allaahu.ﷻ

Al-Anfaal (8:49)

}}} Lo! the hypocrites say, and those in whose
hearts is a disease: "These people, - their religion
has misled them." But if any trust in Allah,
behold! Allah is Exalted in might, Wise.}}

Command of Allaahu.ﷻ

Al-An'aam (6:160)

}}} He that doeth good shall have ten times as much
to his credit: He that doeth evil shall only be

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recompensed according to his evil: no wrong shall be
done unto (any of) them.}}

Command of Allaahu.ﷻ

Al-Anbiyaa (21:35)

}}} Every soul shall have a taste of death: and
We test you by evil and by good by way of
trial. to Us must ye return.}}}

Command of Allaahu.ﷻ

Al-Israa (17:11)

}}} The prayer that man should make for good, he
maketh for evil; for man is given to hasty
(deeds).}}}

Command of Allaahu.ﷻ

Al-Mutaffifin (83:14)

}}} By no means! but on their hearts is the
stain of the (ill) which they do! }}}

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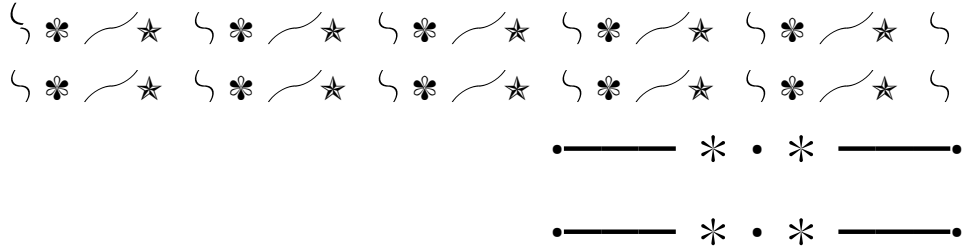
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Command of Allaahu.ﷻ

An-Najm (53:31)

}}{ Yea, to Allah belongs all that is in the heavens
and on earth: so that He rewards those who do
evil, according to their deeds, and He rewards those
who do good, with what is best.}}{

///...



సద'కా'లు-దానాలు-

పాప ప్రక్షాళన గావించి -చెడ్డలనుండి కాపాడే-

దేవప్రీతికి దోహదమయ్యే

"సద'కా'లు-దానాలు"-దేవునిపేరుతో యెవరికీ

తెలియకుండా -ప్రాపగాండా చేయకుండా-"గప్-చుప్-"గా

చేసేదానాలు చేస్తే -అవి మనిషి చెడ్డపనుల ఫలితాలను

చెరిపేయగలవు-

ప్రతి రోగీ యేదోకొంత రోజూ బిచ్చం పెడితే -కరుణిస్తారు

దేవుడు-జబ్బు నయం అవగలడు!-———— * . * ————.

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**Charities/Sadaqat will Certainly
remove the evil effect of one's
actions.**

Command of Allaahu.ﷻ

Al-Baqara (2:261)

*}}} The parable of those who spend their
substance in the way of Allah is that of a grain
of corn: it groweth seven ears, and each ear
Hath a hundred grains. Allah giveth manifold
increase to whom He pleaseth: And Allah
careth for all and He knoweth all things.}}*

Command of Allaahu.ﷻ

Al-Baqara (2:265)

*}}} And the likeness of those who spend their
substance, seeking to please Allah and to strengthen
their souls, is as a garden, high and fertile: heavy
rain falls on it but makes it yield a double increase*

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*of harvest, and if it receives not Heavy rain, light
moisture sufficeth it. Allah seeth well whatever ye
do.}}}*

Command of Allaahu.🌸

Al-Baqara (2:276)

*}}{ Allah will deprive usury of all blessing, but
will give increase for deeds of charity: For He
loveth not creatures ungrateful and wicked.}}}*

Command of Allaahu.🌸

Hud (11:114)

*}}{ And establish regular prayers at the two ends of
the day and at the approaches of the night: For
those things, that are good remove those that are
evil: Be that the word of remembrance to those who
remember (their Lord):}}}*

Command of Allaahu.🌸

Aal-i-Imraan (3:180)

}}{ And let not those who covetously withhold

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of the gifts which Allah Hath given them of His Grace, think that it is good for them: Nay, it will be the worse for them: soon shall the things which they covetously withheld be tied to their necks Like a twisted collar, on the Day of Judgment. To Allah belongs the heritage of the heavens and the earth; and Allah is well-acquainted with all that ye do.}}}

Command of Allaahu.🌸

Aal-i-Imraan (3:130)

}}{ O ye who believe! Devour not usury, doubled and multiplied; but fear Allah; that ye may (really) prosper.}}}

Command of Allaahu.🌸

Ar-Room (30:39)

}}{ That which ye lay out for increase through the property of (other) people, will have no increase with Allah: but that which ye lay out

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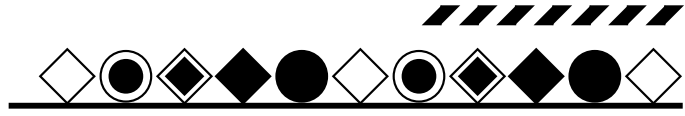
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*for charity, seeking the Countenance of Allah,
(will increase): it is these who will get a
recompense multiplied.}}}*



కిడ్నీ ఆపదా సంకేతాలు-

మనిషి ఏదో అనుకొని ,పట్టించుకోని-మూత్రపిండాల రోదనలు-

Distress signals from kidneys...Symptoms of Kidney

insufficiency.



ఆత్ర మూత్రం / లేక నిదానం-

(సమయంలో హెచ్చు/తగ్గులు)

**1-Change in frequency of urination
-decreased /+increased.**

ఉచ్చ రంగులో/ పరిమాణంలో మార్పులు/

2-Change in Colour of urine// its Volume ,

వత్తుగా విసర్జనచేయాలనే తపన/ కాని లోపలషఏదో అడ్డంకి వలన

చేయలేడు-

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3-Urging+Inability to void .

మూత్రనాళ/కోశాల పై రోగకారక సూక్ష్మ జీవుల దాడి-ఫలితంగా నొప్పి+

వుచ్చపోయడం కష్టం-

4-UTI-difficult and painful urination.

యూరిన్ లో రక్తంపడుట-

5-Blood in Urine

(నులుగు)బురుగుతో కూడిన యూరిన్

6-Foamy Urine.

ఎక్కువ చెమటలు పట్టటం+ ఇంకా మొహం+కాళ్ళు+చీలమండల వాపు

(నంజు)

7-Sweating and Oedema-Puffy face+ Swollen feet,ankles.

చెప్పరాని అలసట.

8-Extreme Fatigue.

తల+కళ్ళతిరుగుడు-తక్కువైన ఆలోచనా శక్తి -

9-Dizzy feeling-Loss of Concentration o/a of Infection.

ఎడతెఱిపిలేని చలి.

10-Feeling cold Continuosly

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ఒంట్లో వ్యర్థపదార్థాలు ఎక్కువై - దుబద/ దద్దులు(దద్దుర్లు)/-Buildup of

Metabolic wastes-SkinRashes+itching.

వదిలే శ్వాసలో-వుచ్చలో/ నోటిలాలాజలంలో కూడా -అమ్మోనియా-

యూరియాల Stink-కంపు,

12-Breath smells like/ Nh^3 / Ammonia.

Urine and Saliva also stink of Ammonia,

వాంతికోచ్చినట్లు అనిపించటం,/ వాంతులు**13-Nasea and**

Vomitting -often

14-Anaemia

ఊపిరాడక పోవటం.

15-Short of Breath-

////////

ఋకిడ్నీని గాయపరచే డ్రింక్స్+ఫుడ్స్-అన్ని రకాల

తాగుళ్ళు,సారాయి,కల్లు,బ్రాండి,విస్కీ,రమ్,వైన్,బీర్,గుడుంబా,వగైరా

ఆల్కహోలిక్ డ్రింక్స్ (మద్యపానాలు-తాగుళ్ళు),

అన్నిరకాల మాదకద్రవ్యాలు,గుట్కాలు-



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Kidney Killers.

**Alcoholic drinks/Gutkha
/Smoking/Drugs.etc....are highly
injurious...**

స్మోకింగ్:గాంజా,చిలుం,హుక్కా,పొగపీల్చుట,చుట్టకాల్చుట-

ఎక్కువగా + కార్బోహైడ్రేట్(చక్కెర దినుసు) తినటం/తాగటం వలన

డయాబెటీస్ -2-కలుగుతుంది-

Excessive Sugars-Carbohydrates.

ఎక్కువ మోతాదలలో మాంసకృత్తులు తినటం :ఎనర్జీ బార్,చాకోలెట్స్-

ప్రోటీన్(మాంసకృత్తుల)సప్లిమెంట్స్,లాంటి రెడిగా దొరికే హైపర్-సూపర్ -

వస్తువులన్నీ కిడ్నీలను గాయపరుస్తాయి.

Excessive Proteins/Protein Supplements.

Bottled Fruit Juices are super processed with

chemicals-- Contain excessive sugar -Spikes the

insulin level -causing injury to the

Nephrons-besides sugar there are no

vitamins/minerals/noAntioxidants-in these canned

drinks/

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సీసాలలో సరఫరా అయ్యే డ్రింక్స్ లో వుపయోగించే

-అస్పార్టైన్-శాక్కురిన్- కృత్రిమ తీపులు/రంగులు-మొదలైనవి కేన్సరు

కారకాలు -

Colas/Bottled drinks/contain artificial sugars like Aspartine,Sachharine-Synthetic sweeteners, colours,etc, some Additives are Carcinogenic,

తాజాగ ఇంట్లో చెసుకొన్న సలాడ్-లు తినొచ్చు -కానీ రెడీమేడ్ సలాడ్,

లలో హానికర-అతి వుప్పు,నూనెలు,తాజాలుకాని ,నిలువచేయబడిన

కూరగాయలూ వుంటాయి,

Ready mix Salads-contain Excess salt/Dressing oil/preserved vegetables.

Only natural Salads from fresh vegetables are very healthy-

ఎనర్జీ బార్,చాకోలెట్స్-ప్రోటీన్(మాంసకృత్తుల)సప్లిమెంట్స్,లాంటి రెడీగా

దొరికే ఫైపర్-సూపర్ -వస్తువులన్నీ కిడ్నీలను గాయపరుస్తాయి.వీటిలో

అతిగా మాంసకృత్తులు ,చక్కెఱలు,కృత్రిమ తీపులు/రంగులు-మొదలైన

కేన్సరు కారకాలూ వున్నాయి.

Energy bars/ Protein supplements -are unsuitable for ailing Kidneys/ sick Hearts--They

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**contain more proteins /high doses of sugars/and
other artificial things injurious for the
liver,kidney,heart-brain-and other organs-,**

ఎక్కువ పొటాసియం కలిగిన కూరగాయలు

హైపర్ కలేమికు-దారితీస్తాయి,

(అటటిపళ్ళు,నారింజ,వేరుశనగ ,ఏప్రికాట్,డ్రాయ్ ఫ్రూట్సు,కేరమెల్,పేక్-డ్

ఘడ్స్-వగైరాలు-)

**Potassium rich Vegetables / fruits cause
HyperKalemia, /eg-Bananas,Oranges/ Peanuts /
Apricots / Dry Fruits /Caramel / packaged Stuffs-**



✠Symptoms of Possession,by Evil

Spirits /Devils✠

✠Constant Yawning/Shaking/Shivering/

Dizziness✠

✠Crying for no reason,

paleness of face✠

✠Losing weight without any disease,

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Dislike for people/ prefers solitude,

No appetite for food /sex with life

partner,

Sudden onset of sillness, eg. B.p/Low

Sugar...

Unable to concentrate /Leaving work

unfinished,

Fatigue/Laziness/ procrastination,

Early irritated/Angry,

Fear of Death,

Suicidal thoughts,

Vomitting during Spiritual Curing with

Ruqyah(Exorcism.)

Shedding Tears/Sweating/Yawning/

Diarrohea during Spiritual Curing with

Ruqyah(Exorcism.)

Constant Migraine/Headache,

అవాహనలు + ఇతర హానికరాలకు

***దెయ్యాలూ/పిసాచాలూ/క్షుద్ధ శక్తుల పీడలతో బాధపడే వ్యక్తి -హిజామా చేసుకోవచ్చు -
పొద్దున-సాయంత్రం పరకా రుక్మా వింటే విరగడ ఔతాది-శారీరిక,మానసిక ప్రక్షాళన సుచి***

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శుభ్రతలు చాలా ముఖ్యం-అలావుంటే యేదీ దరిదాపులకు రాలేదు-పైతానులు పట్టు కొనేది-

సుచిగావుండని వాళ్ళనే!

సుచి అంటే స్నానం మాత్రమే కాదు-

మల,మూత్ర విసర్జనల తదుపరి రెండు విసర్జకాయాలనూ నీళ్ళతో కడగటం-కొంతమంది

పుచ్చబొరసిన తర్వాత యే శుభ్రత చేసుకోరు-అలాంటివాళ్ళను దెయ్యాలు ఆవహించే

అవకాసాలు మెండు!!!

*****Recommended treatment with Hijama (cupping)and Sharaee Ruqyah.(islamic exorcism)**

Listening to Audio mp3 of Ruqyah + Supplications***

////////

ఐష్వర్యదైవోయిన కిడ్నీ లక్షణాలు-ఐష్వి

కిడ్నీ రోగులకు కలిగే క్షణ సమస్యలు-

యూరేమియా:

రక్తంలో యూరియా జమకావటంతో ఆకలిలేమి,రుచిలో మార్పురాత్రి వేళలో

అతిమూత్రం,

నిస్సృజ్జవ,రక్తహీనత-కలుగుతాయి,

◆◆◆●◆◆●◆◆◆Complications of

C.K.D.

////////

Uremia:-

**Caused by accumulation of Urea in the blood
(ketabolic wastes of Proteins).**

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Symptoms of Uremia :-

Anorexia/loss of appetite,Metallic taste,

Freequent Nocturia,

Anaemia,Fatigue,

////////

క్రిడ్ని శుద్ధి సామర్థ్యం

G.F.R.//Glomerular Filtration Rate **-levels-**

<u>క్రిడ్ని సామర్థ్యం</u> <u>Funtional Ability of</u> <u>Kidneys</u>	<u>దశ-Stage</u>
90 +	మామూలు- 1-Normal
60-80	క్రిడ్నిల పాటవం కొద్దిగా తగ్గింది- -2-Mild
30-59	ఒకమోస్తరుగా- 3-Moderate
15-29	తీవ్రమైన దశ-4-Severe
less than15	క్రిడ్నిలు పాడైనాయి-Kidney Failure

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శ్రీపాటాసియమ్ లోటు-హైపో కలేమియా

హైపో కలేమియాతో ప్రాణాపాయం కలగవచ్చు ...

దాని లక్షణాలు :-అలసట,నిస్సత్తువ,గుండెదడ,కండరాల నొప్పులు,గుంజాడు,కడుపులో కల్లోలం, ఇంకా యెన్నో.

శ్రీHypoKalemia-Deficiency of

Potassium-K:-

Deficiency of Potassium

(hypokalemia) is also
fatal..(Fatigue,Weakness,Palpitation,Muscle
cramps,+pains,Spasms,Digestive disorders,)to the Heart
and Body

- a fine balance has to be maintained at all times ...

Our CKD friend assiduously consumes
bottle gourd,kheera regularly

//////////

మితిమీరిన శ్రీపాటాసియమ్ -హైపర్ కలేమియా.

హైపర్ కలేమియాతో కూడా ప్రాణాపాయం కలగవచ్చు ...

దాని లక్షణాలు :-అలసట,నిస్సత్తువ,వాంతివచ్చినట్లు, వాంతులు,రోమ్ములోనొప్పి, ఊపిరిఅడటంకష్టంగా,గుండెపోటు,గుండెఆగుడు,వాతలక్షణాలు-కండరాల నొప్పులు,

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గుంజాడు, కిడ్నీలకు తీవ్ర నష్టం వాటిల్లడం, ఇంకా చావు,....

HyperKalemia:-

Excess of Potassium-K:-

**Excess Potassium (hyperkalemia) causes Fatigue,
Nausea, Vomitting, Chestpain, Breathing
problem, Numbness, Tingling sensation, Heart
attack-Cardiac arrest, Muscular weakness, irregular Heart
function, degeneration of Renal tissues,..eventual
sudden death.**

/////////
ఎక్కువ పొటాసియమ్ గల పదార్థాలు:-
అరిటిపండు, ఫాస్టఫుడ్, జంక్ఫుడ్, చేమగడ్డ, బీట్, అవకేడో, పప్పుదినుసులు, టమేటో,
బటానా, బాదం, పిస్తా, అఖ్రూట్, లాటి యెండు ఫలాలు, -కిడ్నీ పేషన్లు ఇవన్నీ తినరాదు-
తింటే పరలోక యాత్రే ఖాయం!

Potassium-K

**, -Potassium rich foods like
Banaanas, Fastfoods, Junkfoods, Yam, Beet, Avocado, Lentil
s, Tomatoes, Peas, Dry Fruits, etc should, be avoided
scrupulously**

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ఋభాస్వరం-Less than

రోజుకోటా-800మిల్లీ గ్రాములు మాత్రమే,
యెక్కువగా తింటే కండరాల బలహీనత,ఎముకలలో + జోళ్ళలో నొప్పి, బొమికెలు/
బొక్కలు-పలచబడటం-ఆస్టియోపోరోసిస్- ఫ్రాక్చర్స్ -చేతులూకాళ్ళూ పట్టేసిన నట్లు
అనుభవం-

దీనికి తిరుగుడు-కేల్షియమ్ టాబ్లెట్
"మిండోజా" తీసుకోవాలి

Phosphorus-Ph:-

-800mg per diem-

~

any-excess "Ph" causes itching,weak muscles,weak
bones,bone pains,joint pains,stiffness of extremities-etc

Antidote-CalciumTabs "Mindoza"

////////////////

•♥•♥•♥•♥•

•♥•♥•♥•

శక్తి / సత్తువ- రోగి అవసరాలు-

ఒక కిలోబరువుకు@30KCAL లశక్తి అవసరం-రోగి తన ఒళ్ళు బరువు

ప్రకారం లెక్కేసుకోవాలి,

(50-కిలోబరువున్న మనిషికి 1500కిలో కేలరీల ఎనర్జీ కావాలి-

ఎనర్జీ కి అవసరమైన (1)మాంసకృత్తులు -20%

(2)కొవ్వునూనెలు-25%

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(3)కార్బోహైడ్రేట్స్ -50%

+ ఇంకా పీచు-ఫైబర్-20 గ్రాములు

+ ఇనుము-ఫెర్రమ్-6 మిల్లీ గ్రాములు

+కేల్షియమ్-(నత్తగుల్లలసున్నం)-300/400మిల్లీ గ్రాములు

అప్పుడప్పుడూ డాయాగ్నోస్టిక్ సెంటర్ లో టెస్టుచేయించి-మోతాదులను

మార్చుకోవాలి!

డి-విటమిన్-వారానికో 50000UNITS లెక్కన-

ఇతర విటమినులు-అవసరాలకు తగ్గట్టు-మాత్రమే వలయును,!

Energy Needs:

APPROXIMATE INTAKE (SEDENTARY PATIENT)

@30KCAL./ONE KG.OF BODY WEIGHT

SOURCES : PROTEINS_25%

LDL FATS_25%

CARBOHYDRATES_50%

FIBRE_20GMS.A DAY

FERRUM_IRON_6MG/DAY..

CALCIUM_300/400MG /DIEM

SUBJECT TO PERIODICAL CLINICAL EVALUATION OF

BODY NEEDS.

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VITAMIN-D..50000.UNITS/WEEK. SUBJECT TO

PERIODICAL CLINICAL EVALUATION OF BODY NEEDS.

OTHER VITAMINS AS PER NEEDED BY THE PATIENT.

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ఊకోవ్వు పదార్థాలు-ఒక దినానికి 40గ్రాములు సరిపడతాయి-

అన్నింటికంటే గొప్పది-కేన్సరును నివారించే(85%unsaturated)ఆలివ్ నూనె-

మెదడు-నరాలు-ఎముకలు-గుండె-మూత్రపిండాలు-చర్మం-వీటన్నిటికీ

పోషణకల్పించి పటిష్టంచేస్తుందీ నూనె.

Fats:-

1.Approximately

40gms...the best source is the Virgin Olive

Oil.(cold pressed)..it is (85%)unsaturated and

suitable for the Brain,Nervous system,Bones,Heart

,Kidneys and Skin,

it is an anticarcinogenic-

2.Small amounts of Curds is good....milk and curds

have more Phosphorus ..this aspect cannot be

ignored.

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ఆలివ్ నూనె-పోషకవిలువలు,

Oils / their values_mg /100ml

Oil	Protein	Fat	Energy	Calcium	Phos	Fe_iron
Gingelly	18mg	43mg	563Kcal	1450mg	570mg	9.3mg
Ground nut	25	40	567	90	350	2.5
Linseed	20	37	530	170	370	2.7
Sunflower	20	52	356	236	823	5.0
Coconut	7	62	662	400	210	7.8
Olive	--	32	884	2.24	--	1.5

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శ్రీమాంసకృత్తులు:-

రోజుకు 49గ్రాములు చాలు-

ఎక్కువ తింటే కిడ్నీలు పాడవగలవు!

ద్రావిడ వంటకాలు- ఇడ్లీ, దోసలలో ప్రోటీన్లు కాస్త తక్కువే -
ఐతే వడ(మినప/వడ్డి) పప్పుతో తయారౌతుంది - ప్రోటీన్లు తగు మోతాదులో
వున్నాయి.

రోజుకి ఇడ్లీ-500గ్రాములు తినొచ్చు,

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దోస-100గ్రాములు +

రోజు విడిచి రోజున వడ(మినప/వృద్ధి)100గ్రాములు +

ఇవిగాకుండా 30 గ్రాముల పప్పుదినుసులు రెండురోజులకో సారి తినొచ్చు

+10gms తెల్లసొన(egg) అప్పుడప్పుడూ .

Proteins: Approximately 40gms .since

animal proteins produce more ketabolic

substances ,which kidneys cannot eliminate

effectively

Our Ckd man takes substances like Dravidian

"idly-500gms/ Dosa-100gms.

. On Alternate days he takes Vada-100gms " ,and
an occasional egg white of10gms-duely boiled.

+ Once in two days -Pappu_lentils30gms-only

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క్రియాటిన్:కిడ్నీ ఆరోగ్య సూచిక:-

Creatinine levels

Creatinine	Extent of Damage
1.1-1.2	30%
1.3-2.2	40%
3.2	50%
4.2	60%
5.2	70%
8.0	Kidney Failure/Non-functional Kidney

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శ్రీకిడ్నీ ఆరోగ్య సూచిక:పోటాసియమ్-అవసరాలు :

Stages of C.K.D-Daily permissible level of element -K-Potassium.

మామూలు మనుషుల స్కోరు:Normal score is 3.5-5.2 ,

***Note:Edible Soda -Sodium Bicarbonate ,also an
Alkalizer, reduces Potassium Levels.***

మొదటిరెండు దశలకు ౧+౨ -Stage.no.1 +2	ఏ అంక్షలూ లేవు- No Restrictions
మూడద దశ Stage.no.-౩/ ౧-3A	4000mg/day
మూడద దశ- Stage.no.౩/౨ -3B	2000-4000mg/day
నాల్గవ దశ Stage.no.-౪/ 4	2000-2700mg /day
ఐదవ దశ- Stage.no.౫/ 5	2000mg /day

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ಕುಂಡೆ ಜಬ್ಬುಲು-Cardiac Care-Heart

Maladies



Al-A'raaf (7:179)

Allaahuﷻ's Command

{{{ Many are the Jinns and men we have made for Hell: They have hearts wherewith they understand not, eyes wherewith they see not, and ears wherewith they hear not. They are like cattle, - nay more misguided: for they are heedless (of warning).}}}

Ash-Shu'araa (26:88)

Allaahuﷻ's Command

{{{ "The Day whereon neither wealth nor sons will avail. Except he (will prosper) ,who comes to Allah

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with a (clean)sound heart.}}}/26/89

At-Tawba (9:15)

Allaahu's Command

{{{ ...And still there is indignation in their
hearts... For Allah will turn (in mercy) to
whom He will; and Allah is All-Knowing,
All-Wise.}}}

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★★★★★

ఏంటి ఆక్సిడెంట్. పదార్థాలు.-

కేన్సరు(Carcinogeic)కారక

"ఫ్లీ రాడికల్స్"ను నిలువరిస్తాయి.



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Anti-Oxidants- nuetralize the

Carcinogeic Free Radicals-

ద్రాక్ష-అంగూరులు-Grapes.

ద్రాక్ష విత్తనాలు.Grape Seeds.

బిల్బెర్రీ-Bilberry.

వట్టి తేయాకుల రసం-Green Tea.

ఓలివ్ నూనె / ఇతర ఒమేగా3 నూనెలు-Olive oil/Omega3

fats



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తిండిగింజలూ-వంటకాలూ-వాటి పోషక విలువలు-చార్ట్-

Cereals-Cereal foods

All values for 100gms

Item	Calcium -mgs	Phosphorus -mgs	Potassium m-mgs	Sodium-m gs	Energy Kcal+ iron-fe in mgs+ protein in gms
Idly- Dravidian	18 mgs	80mgs	negligible	negligible	229kcal+Fe,4 mg+Protein.7g m
Dosa- Dravidian	4	143	negligible	negligible	254Kcal+fe.3m gs+Protein,7g m.
Vada- Dravidian	93	228	negligible	negligible	138kcal+fe.2m gs+protein.6g ms
Rice- Steam cooked	negligible	143	negligible	negligible	346+fe.1mgs+ Protein,6gms
Paratha- wheat cake	33	289	negligible	negligible	297kcal+Fe.8. mgs+ Protein.8gms
Upma- Dravidian	36	86	negligible	negligible	260

All values for 100gms

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Food item	Calcium -mgs	Phosphorus - mgs	Potassium- mgs	Sodium-m gs	Energy Kcal++ fe.in,mgs+ proteins in gms
------------------	---------------------	-------------------------	-----------------------	--------------------	---

Wheat Bread-bland	18	negligible	negligible	negligible	244Kcals.+ protein.9gms
Sambar-Dravidian liquid Curry	38	60	negligible	3	81Kcal+fe.1mg+ Protein-4
Tamarind Pulp	170	110	negligible	negligible	283kcal+Fe 17mg+protein.3
Yoghurt/ Curds	149	93	130	32	60kcal
Milk	210	130	90	19	117

Food item	Calcium	Phosphorus	Potassium	Sodium	Energy Kcal++ fe in mgs+ proteins in gms
Wheat-wholesome	48	355	315	20	348kcal+ Sulfur.127+ Magnesium.138
Rice -cooked	negligible	10	160	negligible	345kcal+protein. 6+Mg,90
Jaggary-Khandsari-	80	40	negligible	negligible	383kcal+Fe.3mgs.
Sucrose-Sugar-	12	10	negligible	negligible	398kcal
Juice of Sugarcane	10	10	negligible	negligible	?
Food item	Calcium	Phosphorus	Potassium	Sodium	Energy

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					Kcal++ fe in mgs+ proteins in gms
Tender Corn-Maize	10	121	151	52	125Kcal+fe.1+Su lfur.61+Mg.40
Dry Corn-Maize	9	343	286	16	342kcal+fe.2+Su lf.114 + Mgq.139mg
Sago-palm	10	10	negligible	negligible	351Kcal+ Fe.103
Food 1/item	Calcium	Phosporus	Potassium	Sodium	Energy Kcal++ fe in mg+ proteins in gms
Dry Dates	120	50	negligible	negligible	317kca+ fe.8mg+ protein.9gm
Potato					97kcal++Sulf.37 mg

★★★★★

●———— * ● * —————●

●———— * ● * —————●

పులిసిన ఆహారాలు-

వీటి వలన జీర్ణ వ్యవస్థలో ముండాల్సిన ముపయోగకర జీవులు పెంపొందుతాయి-

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Probiotics:

Necessary for Gut health,

**పెరుగు:Curds/Yoghurt,-15gms +15gms with Meals(
A.M+P.M)**

మజ్జిగ:Butter Milk,200_300ml-A.M/P.M

Cottage Cheese-5gms only

జిలేబీ:Indian Sweet -Julaby/Jilebi-50gms at bedtime,

ద్రావిడ ఇడ్లీ/ఇడ్డెన్లు/కుడుములు

:-Dravidian-(South indian)

Idly,500.gms/-day...Cooked Rice Can be

Substituted with "Idly"- the only entirely steam

cooked mix of 70%Rice+30%Lentil.



ద్రావిడులంటే పడని కొందరు కాసాయి-గోసాయిలు -ఇడ్లీలపై దుమ్మెత్తి

పోస్తున్నారు, -"-ఇడ్లీలు ఆరోగ్యానికి మంచివికావు-తినకూడదు"అని

పదేపదేకూస్తూ, పుస్తకాల లో కూడా రాసినారు-

ఆ అయ్యామియ్యాలకు యేదో అయోమయపిసాచ/మానసికరోగం

తగిలినట్లున్నదే!

ఆవిరిలో వుడికిన ఇడ్లీల లాంటి ఆరోగ్యకర పదార్థం-వోల్ మొత్తం

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దున్యా మేనహీ హై.

ద్రావిడులంతా సంతోషపడాలి!!!



**సాదాదోసి : Dravidian-Sada Dosa without
masala-,100gms/day.**

**వడ : Dravidian-Vada-100gms
maximum/day.**

**జాగ్రత్త-ఎక్కువ పుప్పూతో తయారయ్యే ఊరగాయలూ/కెఫిర్/వగైరాలు కిడ్నీ రోగులకు
చెడ్డచేయగలవు-**

**Caution:-Other Probiotics like Kefir,Pickles
etc,.are made of high amounts of Sodium
Chloride.(Na).**

Hence not Compatible for CKD patient.

పులిసిన తిండి రోగికి చేసే మేలు-

**యూరియాను / యూరియా సంబంధిత టాక్సిన్సునూ/మరియూ అవయవాల వాపులనూ
తగ్గిస్తాయి-**

ఆకలి కలిగించి / జీర్ణ వ్యవస్థను చక్కగా చేసి,గట్-హెల్తు కు దోహదపడతాయి.

గ్లూకోజ్ నియంత్రణ చేసి డయాబెటిజ్ ను నివారిస్తాయి..



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Probiotics

1-Reduce BUN (Urea)levels.

2-Decrease inflammations.

3-Restore Gut Flora.

4-Address Gastrointestinal issues like-Constipation/Diarrohea

5-Improve digestion.

6-Lower Glucose levels.

7-Reduce Uremic Toxins.



తక్కువ పోటాసియమ్ కలిగియున్న ఆహారాలు-

ఆపిల్-పియర్-బ్రోక్కోలి-ఆకుపచ్చబటానా-బెల్ పెప్పర్-ముల్లంగి-అస్పరాగస్-ఫ్లమ్,

టాంగరీన్-గుమ్మడి-దోస-కీర-కొత్తిమీర-క్రేన్ బెర్రీ -బ్లెక్ బెర్రీ-అంగూరాలు-

బియ్యపుఅన్నం-ప్యాజ్.ఎల్లగడ్డ-కేబేజ్,అనాసపండ్లు,వంకాయ,ఆకుపచ్చని బీన్లు,

స్ప్రాబెర్రీ-లెట్టూస్-పీచెస్-



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Low + Medium Potasidium Foods

Black Berries.

Grapes.

Rice.

Onion.

Cabbage.

Pineapples.

Egg plant.

Green Beans.

Straw Berries.

Lettuce.

Peaches.

Cauliflower.

Alfa–Sprouts.

.Broccoli.

Apples.

Pears.

Green Peas,

BellPeppers.

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Radish.

Asparagus.

Cucumbers.

Tangarine.

Plums.

Parsley./Celery.

Cran Berries..

Black Berries.

Grapes.

Rice.

Onion.

Cabbage.

Pineapples.

Egg plant.

Green Beans.

Stra Berries.

Lettuce.

Peaches.

Cauliflower.

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Alfa-Sprouts.

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శ్రీఎక్కువ పొటాసియమ్ ఉన్న అపాయకర

పదార్థాలు-శ్రీHigh Potassium

Foodsశ్రీKidneys Killers...

అరిజిన్ పండు,ఫాస్టఫుడ్-ఆలు(వల్ల)గడ్డ-దానిచిప్స్-కోలోకేసియాచేమగడ్డ-బీట్రూట్
ఆకులు-అవకేడో-పప్పులు-టమాటా-దాని కెచప్,అచార్,సాస్,జెల్లీ
వగైరాలు-బ్లెక్బీన్స్-వేరుసెనగ-పీనట్ బటర్-
నారింజ-బీట్-కేరట్-ఓట్ మీల్-

-Killers of Kidneys.

Bananas,

Fast Foods,

Potatos and all potato eats,

Yams,

Beet greens,

Avocado,

Lentils,

Tomato-Its products-Ketchups-Sauce-Pickles-

Peas,

Black beans,

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**Peanuts,Oranges,Peanut butter,Carrots,Beets,Oat
meal,**

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*** * * * * సప్లిమెంట్:ఫోలేట్/
ఫోలిక్ ఆసిడ్-**

Folate-Folic Acid-Natural Sources .:

Values for 100gms

గుడ్డు-Eggs-70mg

కాలేయం-Liver-65mg

నువ్వులు-Gingelly seeds-51mg.

మొటింకాయలు-గోరుచిక్కుడు-Cluster Beans-50mg.

పాలకూర-Spinach-51mg.

గోంగూర-అంబాడ-Amaranthus-41mg.

శనగలు-Cowpeas-69mg.

కఱివేపాకు-Curry leaves-24mg.

పెసఱపప్పు-Moong-Lentil-25mg.

శనగలు-Bengal gram-Chana-30mg.

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పప్పు దినుసులు
-వాటిలో పోషకాలు-

Lentils-Indian Dal-Pulses.

Values for 100gms.

Lentil	Sodium	Calcium	K-Potas	Phos-	Magnesium	Sulfur	Iron-fe	Energy-Kcal-Proteins-gms
Masur	negligible	69	negligible	293	74	negligible	negligible	343kcal+protein.25gms
Groundnut	negligible	90	negligible	350	1		3mg	Energy-567kcal+Choline-1065+protein,22gm
Kulthi	12	287	763	311	156	181	+fe,7mg	321kcal+protein,22gm
Bengal-Chana	73	56	808	331	119	160	5mg	360kcal+protein,10g
Black-Udad	39	154	800	385	130	174	5mg	347kcal+proteins.24gm
Lobia	23	77	1131	414	210	165	9mg	373kcal+proteins.24gm
Moong-Green	28	75	843	405	127	188	4mg	324kcal+proteins.24gms



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అదనపు విటమిన్,వగైరాల వలనకలిగే
ఈతిబాధలు

-Side-effects of Readymade Supplements.

గేస్-1-Gas ,

కడుపుబ్బరం-2-Bloating,

దప్పి-3-Thirst,

మలబద్ధకం-4-Constipation.

కాలేయం-మూత్రపిండాలపై అదనపు భారం వేయుట-
5-Excretory Stress on Liver and Kidneys

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అలివ్ నూనె -దానిమ్మ(అనార్)రసం- రోజూ తాగటం-ఒంటికి మంచిది.

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**Benefits of Olive oil -Pomegranates
and its juice is a nutritive body
cleanse...**

Ckd man drinks Pomegranate juice twice a day.

Command of Allaahu.ﷻ

Al-An'aam (6:141)

*{{{ It is He Who produceth gardens, with trellises
and without, and dates, and tilth with produce of
all kinds, and olives and pomegranates, similar (in
kind) and different (in variety): eat of their fruit
in their season, but render the dues that are proper
on the day that the harvest is gathered. But waste
not by excess: for Allah loveth not the wasters.}}}*

Olive oil:-Healthiest oil with Rich healthy fats.

1-Heart disorders:

Super protective-Anti-inflammatory,Oxidates LDL

Cholesterol.

2-Alzheimer's Syndrome:Olive oil effectively reduces

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buildup of Beta-Amyloids-in the Brain tissues.

increases Brain function,and Memory,

3-Diabetes (-type 2):

Reduces blood sugar ,Cholesterol.Protects the

Cardio-Vascular system.

4-Depression:Enhances moods-

Olive oil contains unsaturated Mono +Poly unsaturated

fats useful for elevating Brain functions

5-Cancer: The Antioxidants+Nutrients in the olive oil

reduce the risk of carcinomas of all organs-the

breast-the colon-the brain-etc

6-Obesity : Effectively reduces Extra fat-olive oil has a

low calorific value of 9Kcal/one gram of oil..

7-Aging process:is slowed down- All Heart problems,

Diabetes,+ Mental issues are effectively reduced.

//////

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బార్లీ-
వుడకబెట్టిన బార్లీ నీళ్ళు కిడ్నీ-కాలేయాలను శుద్ధి చేస్తాయి.
రోజూ కనీసం 200ml బార్లీ నీళ్ళు అవసరం-

Jau-Barley

PORRIDGE OF BARLEY IS A DIURETIC .

CLEANSSES THE LIVER AND KIDNEYS AND FLUSHES OUT

KETABOLIC TOXINS...

CKD PATIENT CONSUMES @LEAST 200 ML OF BOILED

WATER OF BARLEY DAILY .

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ఖర్జూరపండ్లు + బార్లీ + నీళ్ళు + పాలతో తయారైన మన"పాయసం"లాంటి "అరబ్బీ తల్లీనా"కిడ్నీలకు బలాన్నిస్తుంది :-Dose:40ml/రోజుకి

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Dates+Grapes



**Arabic preparation {{Talbeenah}}made from Barley
+Dates+Milk+Water ,is very nutritive for the much
weakened Ckd affected .**

Daily Dose:40ml

Al-An'aam (6:99)

Command of Allaahu.ﷻ

*{{ It is He Who sendeth down rain from the
skies: with it, We{Allaahu.ﷻ}-produce vegetation
of all kinds: from some, We{Allaahu.ﷻ} produce
green (crops), out of which We{Allaahu.ﷻ} produce
grain, heaped up (at harvest): out of the date-palm
and its sheaths (or spathes) (come) clusters of dates
hanging low and near: and (then there are)
gardens of grapes, and olives, and pomegranates,
each similar (in kind) yet different (in variety):
when they begin to bear fruit, feast your eyes with
the fruit and the ripeness thereof. Behold! in these*

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things there are signs for people who believe.}}}

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Turmeric

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పసుపుకొమ్ములలో వుండే "కుకుర్మిన్"-
పోటాసియమ్ + సోడియం + ఫాస్ఫోరస్ అనే ఎలక్ట్రోలైట్లు- లను మేనేజ్ -
చేయగలదు!,

**"Cucurmin" in Turmeric balances the
equilibrium of and moderates the Electrolytes.
viz... K,Na,and Phos...**

//////////

Command of Allaahu.ﷻ

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ప్రోస్టేట్ గ్రంధి Prostate Gland

వాచిన ప్రోస్టేటు గ్రంధులు మనిసిని పరుపుపై పడేయ గలవు-

**A Sick inflammed Prostate makes, man
prostrate__causing Uro-genital maladies and
continuous discomfort ...**

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Allaah,s Command.

Al-Mulk (67:2)

*{{{It is}HE ﷻ Who created Death and Life, that He
may try which of you is best in deed: and He is the
Exalted in Might, Oft-Forgiving;-}}}*

Allaah,s Command.

Al-Ankaboot (29:37)

*{{{But they rejected him: Then the mighty
Blast seized them, and they lay prostrate in
their homes by the morning.}}}*

**Man,s Uro-Gental System has prostate
Gland.**

**...After 40_45 ears of age the prostate Gland
,having accomplished its task of producing
Albumen as a Carrier of Spermatozoa ,begins
to degenerate slowly Causing
BPH,inflammation,obstruction of the Urethra
with severe voidance problems and kidney
and bladder maladies ..it is the**

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**malfunctioning gland and causative factor of
UTi and bladder infections +Cystitis in male
patients.**

**A judicious use of Homeo Remedies can
prevent such a situation.**

**We have seen patients who underwent
Surgery suffering from voidance problems
and getting Catheterized repeatedly
...Recurrent surgery may be needed..Scissors
and the Scalpel may not be the right choice.**

**Caution:-Use of
Aphrodisiacs/performance Enhancers is
risky - for the Kidney + Prostate Sufferer-**

**హెచ్చరిక :- సిద్ధ మకరధ్వజం/ షజాబ్ ఆవర్ లాంటి లైంగిక ప్రేరేపణా
ఆఫ్రోడిసియాక్-లు వాడితే కిడ్నీ + ప్రోస్టేట్ పేషంటు పరిస్థితి విషమింపగలదు!**

★★

★★★

★★★★SOOTHERS OF INFLAMMED PROSTATE

★★1-FRESH JUICE OF BOTTLEGOURD.సొరకాయ రసం

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*****☆2-SEEDS OF CUCUMBER .గుమ్మడికాయ గింజలు**

*****☆3_FRESH JUICE OF ALOE VERA .కలబంద రసం**



కిడ్నీ + ప్రొస్టేట్-కేన్సర్-●●●●●●●●

CANCER OF THE UROGENITAL SYSTEM..

PROSTATIC CKD CAN LEAD TO CANCER OF THE

KIDNEYS/URINARY BLADDER/PROSTATE GLAND

ITSELF.

**CARCINOMA IS NOT A DISEASE -BUT A
MANIFESTATION OF FAILURE OF MOLECULAR
PHYSIOLOGY ARISING OUT OF THE PATIENTS
WRECKLESS LIFE STYLE/ EXPOSURE TO
EXTERNAL CARCINOGENIC
ELEMENTS/SUBSTANCES/ACCIDENTS ..**

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**THE ONLY PALLIATIVE IS VITAMIN-C-
DRAVIDIAN (EMNBELICA
OFFICINALIS)NELLIKKAYI-USIRI -IS THE
BEST NATURAL SOURCE OF VITAMIN-C...
CANCER PATIENT MUST SHUN ASSIDUOUSLY
,ALL TYPES OF ANIMAL FOODS-**

•♥•♥•♥•♥•♥•♥•

మూత్రపిండాలకు అతిపురాతన ద్రావిడ "సిద్ధ"

మందులు-

Some Dravidian Sidda remedies for C.K.D.

**(Sidda is the ages old Naattu Marandu-the
dominant medical system of the Subcontinent,
now being hijacked and marketed with different**

name-

**....More readymade Sidda medicines can be had
from :-**

**Indian Medical Practitioners Association's
Co-op-Pharmacy & Stores-Ltd.**

34/37-K.K.Salai,

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Tiruvanmiyur,CHENNAI.600 041.)



NOTE :-A PORTION OF EACH REMEDY SHOULD BE
KEPT ASIDE SEPARATELY TO BE USED FOR
SPECIFIC SYMPTOMS.

1-EG:-TELLA MADDI తెల్లమద్ది:- Terminalia Arjuna-FOR

HEART PROBLEMS AND BREATHING DIFFICULTY

2-KONDAPINDI:కొండపిండి:Coline Forskohli:-FOR

CALCULI-STONES + DIFFICULT URINATION

3-NANNARI:నన్నారి:: Hemidesmus Indica...-FOR ASTHMA.

4--PENNERU GADDA.పెన్నేరు గడ్డ::Withania

Somnifera..-FOR SLEEPNLESSNESS

...AND SO ON ...

A mix Of the Following raw remedies
duely grinded into fine powder..7gms
AM/PM-as a decoction...need based only .
..takes care of most of the
complications of CKD,.()

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- 1----Penneru gadda..**పెన్నేరు గడ్డ**-Withania
Somnifera..100mg(Brain tonic-induces sleep/
promotes digestion)
- 2---Roots of Kondapindi-**కొండపిండి**-Coline
Forskohli.100mg(Kidney stones,Calculi/HBP
/Glaucoma /Heat /)
- 3---Bark of Urumidi-**ఉరిమిడి బెరడు**-Createval
Nerula... ..100mg(Blood purifier/Abcesses /oEdema /
Renal Calculi)
- 4---Leaves+Stem of Tippateege-**తిప్పతీగె ఆకులూ +
తీగె**-Tinospora Cardifolia.100mg(Enhances
immunity/Fevers /HBP /DiabetesType2/ Respiratory
problems)
- 5---Seeds of Uttareni **ఉత్తరేణి గింజలు**-Achyranthia

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**Aspera.100mg (UTI/HBP /Lungs-Respiration /Dental
problems/Cold+Cough)**

**6---Whole plant of TellaGalijeru-తెల్ల గలిజేరు -చెట్టు+
ఆకులూ+వేర్లు-Boerhavia Diffusa.100mg (Kidney
friendly/Liver Cleanser / Diabetes T2/Joints /Night
blindness)**

**7---Thorny fruits of Palleru-పల్లేరు
కాయలు-Acanthospermum Hispidum.100mg (Kidneys/
UTI/Calculi /Harmones /Oligospermic /Tonic)**

**8---Nela Usiri-నేలవుసిరి-Phyllanthus
Asperalatus.-50gms (Blood Purifier/Jaundice
/Lungs-Respiration / HBP/)**

**9---Bark of Tella maddi-తెల్లమద్ది-బెరడు-Terminalia
Arjuna.50gms (Heart/Asthma)**

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10---Naannri-నన్నారి-Hemidesmus Indica.50gms (
Asthma/Teeth / Eruptions)

(*)The following three remedies,nos:-11+12+13-**
combined together are effective for Obesity/
Constipation/Gout /as Anti-inflammatory /
Anti-oxident/ Analgesic/ for RTI-Lungs/ as
Haematinic/Digestive / /(*)**

11---Berries of Usiri-Nellikkaayi-ఉసిరి-నెల్లిక్కాయ-
కాయ-Embelica Officinalis,50gms (*)**
Hard Nut of

12---Karakkaaya-కరక్కాయ-కాయ-Terminalia
Chebula.50gms (*)**

13---Fruit of

13---Taanikaaya-తానికాయ-కాయ-Terminalia
Bellerica.50gms (*)**

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కలిపి ఒకేసారి తినకూడని/తాగరాని

పదార్థాలు-Food inimicals + precautions.

**Each food item is endowed with
certain ingredients and
(Nature)-Qudrah ,unique and
specific to it only-That is the
greatness,of our
Creator-Lord-Sustainer-ALMighty-**

Allaahu,s Command.

Al-Qamar (54:49)

**{{{ Verily, all things have We created in
proportion and measure.}}}**

**SUGGESTIVE LIST OF INIMICAL FOODS
-SHOULD NOT BE CLUBBED TOGETHER.**

1-SALADS SHOULD BE TAKEN WITH FOOD-NEVER BE

CONSUMED AFTER FOOD.

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2-TOMATOES-VS-KHEERA-

3-RADISH--VS-LEMON-

4-SALADS--VS-MILK

5- GRAPES-VS-HONEY

6- ANIMAL FOODS-VS-MILK

7- ANIMAL FOODS-VS-GINGELLY OIL

8-MAIDA FLOUR -VS-POTATOES

9- FOOD-VS-COFFEE/TEA/COOLDRINKS/ICE CREAM

10-HOT TEA COFFEE--VS-COOL WATER.

11-MILK--VS-ONION.

12-CURDS/YOGHURT- -VS-MASH KI DAAL(LENTIL)/ANIMAL

FOODS/GHEE-CLARIFIED BUTTER N/ANANAS/TOMATOE

13-GHEE-CLARIFIED BUTTER-VS-HONEY.

14--CURDS/YOGHURT-SHOULD NOT BE TAKEN AT NIGHT TIME

15-GHEE-CLARIFIED BUTTER-AHOULD NOT BE STORED/SERVED

IN COPPER/BRASS UTENSILS,.



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NEVER LOSE HOPE.REPOSE FAITH IN THE
ALMIGHTY....

COMMANDS OF ALLAAHU.🌸

ASH-SHARH (94:5)

{{{ SO, VERILY, WITH EVERY DIFFICULTY,
THERE IS EASE }}}}

AZ-ZUMAR (39:53)

SAY: "O MY SERVANTS WHO HAVE
TRANSGRESSED AGAINST THEIR SOULS!
DESPAIR NOT OF THE MERCY OF ALLAH: FOR
ALLAH FORGIVES ALL SINS: FOR HE IS
OFT-FORGIVING, MOST MERCIFUL.

AL-JUMU'A (62:8)

SAY: "THE DEATH FROM WHICH YE FLEE WILL
TRULY OVERTAKE YOU: THEN WILL YE BE SENT
BACK TO

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{{ALMIGHTY}}-THE KNOWER OF THINGS

HIDDEN AND VISIBLE :

AND HE WILL TELL YOU (THE TRUTH OF) THE
THINGS THAT YE DID!"

{ * } { * } { * } { * } { * } { * } { * }



మూత్రపిండ రోగం-క్రానిక్ కిడ్నీ డిసీజ్-ఎండ్ స్టేజ్ కిడ్నీ-రెండో భాగంలో మరిన్ని
మిక్స్ పతీ విషయాలూ-హోమియో రెమెడీలూ + సహజ యునానీ మందులూ-వాటి
వివరాలూ-

TO BE CONTINUED AS Chronic Kidney
Disease(C.K.D.)

and Mixopathy - Part Two-

With more details of Homeopathic Remedies
and Herbal Unany Medicines....ETC.,



.o.o.o.o.o.o.o.o.o.o.o.o.o.o.o.o.

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**THIS IS A DOCUMENT PREPARED FROM THE PRACTICAL
EXPERIENCES OF OUR CKD FRIEND FOR THE LAST 15YEARS ...**

SHARED ABSOLUTELY FOR EDUCATIONAL PURPOSE ONLY

....CKD PATIENT MUST EQUIPP HIMSELF WITH THE BASIC

REALITIES OF HIS AILMENT.

ONCE AGAIN WE SUBMIT THAT THIS IS NOT A SUBSTITUTE FOR

PROFESSIONAL MEDICAL OPINION.

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.....

**.....Dedicated to the brotherhood of kidney
sufferers.**

.....

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Note:-ఇందులోని తప్పులూ-ముద్రణా రాచ్చసాలన్నీ

మావే-మేమూ మనుసులమే-కావున క్షమితవ్యులం-

Erring is part of human nature.WE

may be forgiven for all the

shortcomgs in this..

...Please consult authentic

sources for accurate info....

...ziddujaahili_జిడ్డుజాహిలు-మడ్డిమనిసి

maddimanisi.2020-2021

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